



Spinal Cord Stimulator Trial Instructions

- In order to request approval from your insurance company to implant your trial device; everyone is required to receive a psychological evaluation. You will be contacted by one of the providers we collaborate with to schedule that appointment.
- When we receive the clearance from your psychological evaluation, we will request approval to perform the procedure from your insurance company.
- Once we have approval from your insurance company; we will schedule your procedure as soon as possible.
- **5 days prior to your procedure:** Stop all anti-inflammatory and medications that cause blood to thin (naproxen, ibuprofen and motrin, mobic, celebrex). **Tylenol is approved to take.**
- If you take Plavix (clopidogrel), Eliquis, Xarelto, Brilinta; you will need to speak with your prescribing provider to ensure this medication can be held for the procedure and also ask how many days prior to procedure that it needs to be held. **We prefer these medications to be held for 5 days before the procedure. If your prescribing provider does not recommend these medications to be held for you, please contact our office before the day of your procedure.**
- If you take Coumadin (warfarin, Jantoven) you will need to check with your prescribing provider to ensure this medication can be held. You will be required to get a PT INR drawn the day before or the morning of the procedure. Please bring those results with you. **If your prescribing provider does not recommend these medications to be held for you, please contact our office before the day of your procedure.**
- We will order an antibiotic prior to your procedure which you will start the day prior to your procedure and continue for 5 days after. You may discontinue the antibiotic 5 days after your procedure unless otherwise directed.
- If you get placed on an antibiotic (not prescribed by our office) please inform our office; we may have to reschedule.
- You can eat and drink prior to procedure; we recommend you eat something small the morning of.
- If you take medication for blood pressure control, be sure to take it prior to arrival. Please be aware, if your blood pressure is too high, we may have to reschedule.
- You will need a ride to the office and home from the office.
- While the stimulator is in place; you cannot get it wet. A sponge bath is required during the 7-day trial period
- You will have the trial in for 7 days. We will schedule another appointment a week later to get it removed as well as determine the amount of pain relief you experienced during your trial. If you have 50% or greater relief from the trial; we can discuss options for a permanent stimulator placement.