

Interventional Radiology (IR) Vertebroplasty Patient Instructions - Adult

WEEKS or DAYS before your appointment:

- **Preparation:** You must follow ALL INSTRUCTIONS in this letter. Your doctor has been notified of your appointment.

Ask your doctor right away about **BLOODWORK** you may need before your appointment, or **MEDICATIONS** you may need to change. **If not complete, you will be rebooked.**

- **Arrange transportation:** You must have an adult give you a ride to and from your appointment. They are welcome to stay for additional support.
- **Take your weight:** Contact Diagnostic Imaging at the number provided above if your weight is over 400lbs.
- **Bring lunch:** You may bring a bagged lunch to eat after your appointment. Do not eat until advised by Diagnostic Imaging staff.
- **Arrange Childcare:** For safety reasons, children cannot accompany you in procedure rooms and cannot be left unattended.
- **Know if you're pregnant:** If you're pregnant, consult with your doctor before proceeding with your appointment.
- **Consult your diabetes care provider:** If you're taking diabetes medications or using Insulin Pump Therapy, consult your diabetes care provider before your appointment. www.ipumpit.ca

HOURS before your appointment:

8 Hours Before

- You may have a final snack, finishing 8 hours before your appointment time.
- STOP eating after your final snack. DO NOT chew gum. DO NOT eat candy.
- You may continue drinking **clear fluids**.

What is a final snack?

- 1 small piece of fruit and 1 cup cereal with ½ cup of milk, or
- 1 small piece of fruit and 1 slice of toast with jam and ½ cup of yogurt

Not Allowed: Difficult to digest foods, such as meat products and fatty foods.

3 Hours Before

- Stop drinking **clear fluids**.

What are clear fluids?

Allowed: Fluids that you can see through such as water, apple juice, Gatorade™, Kool-Aid™, Pedialyte™, ginger ale, Sprite™, 7UP™, popsicles, black coffee, or tea

NOT Allowed: Milk based fluids, broth or soup, energy drinks, fruit flavoured gelatin, Jello™, orange juice.

BRING to your appointment:

- Current list of medications (prescription and over the counter).

- Any medication you may need during your appointment.
- Healthcare card.
- Picture identification.
- Eyeglasses, hearing aid(s), and mobility aid/device.
- Patients with diabetes - insulin and glucometer
- Green sleeve that includes your Goals of Care (GOC) Designation Order form if you have one.

DO NOT bring:

- Leave valuables at home, including jewelry or piercings.
- Limit the number of items you bring to your appointment.

AT your appointment:

- **Consent is required:** A legal representative (parent or alternate decision maker) must be available (in person or by telephone) to provide consent for all patients under the age of 18, or any patients that do not have the capacity to make health care decisions.
- You will be provided with a hospital gown to change into.
- You will have an intravenous (IV) line placed in your arm.
- The procedure will require the use of contrast. Contrast will make parts of your body more visible in images.
- Your appointment will take up to 8 hours.