

# **Patient Instructions for Injections**

1. For your first few injections, please bring a driver until you know how you are going to react.
2. Do not take anti-inflammatory medications (e.g. Advil, Motrin, or Aleve) for two weeks before your injection.
3. If you are on blood thinners, please check with your family physician to see how long you will need to be off this medication before receiving an injection. (e.g. Eliquis, Xarelto, warfarin (Coumadin), or Plavix)

4. Please be aware that not all of our procedures are covered by Alberta Health Care. Please see the price list below:

Kenalog (triamcinolone)	\$25.00
Celestone (betamethasone)	\$31.00
Toradol (ketorolac)	\$20.00
Prolotherapy	\$75.00
Needle Fenestration	\$75.00