

**ANATOLY ARBER, M.D.**  
Board Certified in Anesthesiology & Pain Management  
501 North Riverside Drive, Suite 213  
Gurnee, Illinois 60031  
Telephone (847) 625-9500 / Fax (847) 625-9565

## **DISCOGRAPHY/DISCOGRAM INSTRUCTIONS**

You have been scheduled for this procedure

**This procedure will be done in Dr. Arber's office at the address above.**

**This appointment is scheduled for 1 ½ hours, due to the nature of our practice, if you are unable to keep this appointment please let us know as soon as possible so that our other patients have the opportunity to fill this appointment.**

**HMO PATIENTS: YOU WILL NEED A REFERRAL FOR THIS PROCEDURE. CALL YOUR PRIMARY DOCTOR FOR THE REFERRAL & PLEASE BE SURE THIS PROCEDURE WAS AUTHORIZED. YOU CANNOT BE SEEN WITHOUT A REFERRAL**

To prepare for this procedure you should let the doctor know of any medical problems you have and any medications that you are taking, **especially if you are taking any blood thinners.** Make sure that the doctor is aware of any medications you are allergic to.

Please take **ALL** medications prescribed for you. **DO NOT TAKE IBUPROFEN PRODUCTS THE DAY OF THE PROCEDURE (Advil or Motrin)** All other medications should be taken as usual.

**Please be sure you take a shower before coming for this procedure.**

**You cannot drive yourself home from this procedure. You will need to have someone with you to drive you home.**

Please plan on spending about 3 hours at the office for this procedure. Since this is a longer procedure, please make sure that you plan your day accordingly. You will want to relax for the rest of the procedure day. We do try our best to keep all of our scheduled appointment times. Please excuse any delays that may occur, you can be sure that you will be given the same quality care as all of our patients.

**If you become ill: a cold, runny nose, sore throat, fever etc... Please give us a call as soon as possible. The procedure will need to be rescheduled when you are feeling better.**