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Chronic Pain Management

(MSP, expedited WCB, ICBC and
private consultations)

Baker's cyst
Trigger points/myofascial

Cortisone injections:

Epidural Steroid Injections (Back or Neck)
Knee or Hip or shoulder joints

Carpal Tunnel
Tennis elbow
Botox/migraine

Dear Doctor,

If your patient requires epidural steroid injections (ESI) you will need to discontinue their anticoagulant, ONLY IF IT IS SAFE TO DO SO, prior to their treatments.

Patients are often anticoagulated on:

- clopidogrel (Plavix) - stop 7 days
- ticagrelor (Brilinta) - stop 7 days
- warfarin (Coumadin) - stop 5 days
- apixaban (Eliquis) - stop 4 days
- rivaroxaban (Xarelto) - stop 3 days

If bridging therapy with low molecular weight heparin (e.g. Dalteparin) is required please arrange for a prescription for your patient to cover once-weekly ESI's for three weeks, after which the patient should be instructed to resume their anticoagulant.

Once the above had been arranged, the patient should contact my office and plan for three consecutive once-weekly appointments for their ESI's.

Thanks you in advance for your referral and assistance.

Yours sincerely,

Dr Andrew H. Yu