

Patient Preparation for Pain Intervention Injection(s)

Your Injection appointment:

Appointment Date	Check In Time	Appointment Time

Medical Precautions

- If you are sick or on any anti-biotics please let us know.
- If you are taking Coumadin, Plavix, or Aggrenox (blood thinners), arrange with your prescribing physician to stop taking the medication as appropriate before your injection appointment.
 - If you are taking, Coumadin, NMOSC will perform a test called an INR prior to the injection to assure your blood level is in range.
- If you take medication for high blood pressure, please do **NOT** miss a dose, take as prescribed.
 - If your blood pressure is 180/100 or above, we will be unable to proceed with your injection.
- If you are diabetic, please continue to take your diabetic medications as scheduled. The injection will cause your blood sugar levels to rise, so you will need to monitor yourself closely for a couple of days after the injection.
 - If your blood sugar levels are 200 or higher at the time of your appointment, **it will be unsafe to proceed with your injection.**
- Unless you have arranged with your physician to be sedated during this procedure, do **NOT** skip meals. You will feel better if you eat normally before your procedure.
 - If the procedure will be performed under IV Sedation, do **NOT** eat or drink **ANYTHING** after midnight the night before your procedure (this includes water).
- If your doctor has prescribed valium for you to take for your procedure, you will need to arrive one hour before the check-in time listed above. Please do

not take your Valium until the NMOSC nurse has instructed you to do so. If you have taken the Valium prior to arriving, **we will be required to reschedule your appointment.**

General Information

1. It is not advised that you drive yourself home following your procedure, you will require a driver. A responsible adult, 18 years or older, will need to be present at the time of your discharge to accompany you home.
2. You will need to check-in with NMOSC for your injection. The injection suite is located, on the 7th floor of the Physician Offices Building, suite 7650.
3. You can expect to be at NMOSC for about an hour.
4. You must bring a list of all current medications, a valid photo ID, and your insurance card. These items are required for your procedure.
5. You need to take it easy for at least 24 hours after the injection, so plan activities for the day accordingly.

If you do not have a follow-up scheduled, please contact your Pain Intervention doctor @ 505-724-4341 to schedule.

If you have any questions regarding this information, please do not hesitate to call us at (505) 724-4395 x2305.

Thank you for choosing NMOSC for your procedure. We look forward to your visit.
