

## Patient Preparation for Pain Intervention Injection(s) Not Under IV Sedation

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### Your Injection appointment:

Appointment Date	Check In Time	Appointment Time

### Medical Precautions

- If you are sick or on any antibiotics please let us know. **If you have an active infection, it will be unsafe to perform your procedure.**
- If you are taking Coumadin, Plavix, or Aggrenox (blood thinners), arrange with your prescribing physician and pain physician to stop taking the medication as appropriate before your injection appointment.
  - If you are taking, Coumadin, NMSCO 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.**
  - **Please do not skip a meal, but eat an appropriate diabetic meal, low in carbohydrates and sugars, prior to your appointment.**

- This procedure is **NOT under IV SEDATION**, therefore **DO NOT skip meals** prior to your procedure. You will feel better if you eat and drink (coffee, water, etc.) as normal before your procedure.
  - 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.**
  - If you and your physician have planned to perform a **Medial Branch Block procedure (MBB)**, please do not take your scheduled pain medications. The MBB is a test to determine effectiveness of the procedure in relieving your pain. You will need to have an established baseline of pain at the time you arrive to the facility.
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## 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 NMSCO for your injection. The injection suite is located at 8300 Constitution Ave NE Albuquerque, NM 87110.
3. You can expect to be at NMSCO for about an hour.
4. You must bring a list of all current medications, a 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 at their office to schedule.

If you have any questions regarding this information, please do not hesitate to call us at (505) 291-2300.

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

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