



Getting ready for your Injections at New Mexico Surgery Center Orthopaedics,
Pain Department for IV Sedation

Once scheduled for an injection please complete the following:

“ONEMEDICALPASSPORT.COM” This is an online health history form to prepare you for your upcoming procedure. This is a requirement of New Mexico Orthopaedic Surgery Center which must be completed in full, and submitted for evaluation as soon as you are scheduled. This is a different portal than your doctor’s office. We are a separate business and do not have access to Presbyterian’s record’s, “MyChart,” or New Mexico Orthopaedic Associates records.

- Type “onemedicalpassport.com” into the search bar of your computer or smartphone.
- This will bring up the front page of the site, click on “register.”
- You will be asked to create a username and password.
- You will now be admitted to the “onemedicalpassport.com” health history form itself. Complete a page, save it, then move on through each of the page areas until the end.
- At the end, click the finish button and the form will automatically be sent to the NMSCO pain department.

Tips: Pay special attention to the medication list which must include ALL prescriptions, vitamins, supplements, and over the counter medications that you take. If you do not have a way to complete your “onemedicalpassport.com,” please call 505-291-2330 or 505-291-2093 for an appointment to get assistance with completing it.

Helpful Information:

Drivers/Aftercare:

- All patients must have a driver to bring them to the injection appointment and home from the appointment.
- You may use medical transport if you have a home support person you can rely on for assistance if needed.
- All patients receiving sedation must have an individual 18 years or older to stay with them for 4 hours after the injection. A support person should be available to assist if needed for 24 hours following your procedure.

Fasting:

- Nothing by mouth 8 hours prior to your procedure with the exemption of clear liquids such as black coffee, tea, and water up to 2 hours before your appointment (no cream or sugar). You may take your morning medications up to 2 hours before (except blood thinners and diabetic medications that require food).

Antibiotic Use:

- If you are on antibiotics for infection, you will be rescheduled until after completion of the full course of your medication with a wait period of 2 additional weeks (to ensure you are infection free).

Diabetes:

- Eat for success the day prior to your procedure! Do not take morning diabetic medication that requires food since you must fast. A blood glucose finger stick will be performed in the pain department and results must be within normal limits (<200mg/dL) for injections to take place.

Blood thinning medication:

- Blood thinning medication should be held per instructions from Pain and Spine clinic.

Pacemakers:

- If you have a pacemaker and/or defibrillator in your heart, clearance for certain procedures is required from your cardiologist before the procedure can take place. Be sure to tell the providers if you have a pacemaker and/or defibrillator.

COVID Safe Practices:

- If you develop a fever or illness please call your provider and/or NMSCO for further direction in regards to your injection.

1 Day before Your Appointment:

- You will receive a phone call from a nurse to make sure you're feeling well for the procedure and to answer any further non-emergent questions that may have come up over the week. We will make sure, to the best of our ability, that you are informed and comfortable for your procedure. The NMSCO schedulers will call to inform you of any time changes they make.