

Preparing for Pain Management Procedure

Each procedure and each individual's medical issues are unique. Therefore, you should consult your medical professional with any specific questions. The information provided here should be considered general guidelines and can sometimes vary depending on individual circumstances.

Prior to Procedure

Once you are given an appointment, please complete your medical history through One Medical Passport. Be sure to write down your login/password information so that you may revisit to update for future appointments. If you do not have access to a computer or need assistance completing this, someone from this department will assist you. You will receive a call from our scheduler to discuss insurance information, date of procedure and an estimated time. You will receive a call from our staff the afternoon prior to the procedure with the exact time of arrival. We cannot give you an exact time days or weeks before because the schedule is ever changing. We must arrange the schedule as efficiently as possible the day before which allows us to accommodate for cancellations and emergent add-ons.

When you are first given an appointment, please remind your physician or staff member if you are taking any blood thinners (including aspirin, ibuprofen, etc.), have a pacemaker, internal defibrillator, or an allergy to iodine, shellfish or contrast dye. Depending on the type of procedure you are having - certain meds may need to be stopped or cardiology may need to give permission for the procedure to be done. If you have an infection or virus, please let us know as soon as possible. A staff member will give you a call back to let you know if it is okay to proceed.

For a complete list of medications that may need to be on hold, see list below. Any medications in red must have written permission from the prescribing MD to stop those meds. If you are taking Coumadin (Warfarin) you must be off this for 5 days (with written MD permission) and a PT/INR blood test must be drawn within 24 hours of the injection. We can draw this here and send to the hospital lab (will take about 45min-1hr), or you may have it done at your Physician's office. That office must fax us the result to 910-235-5048 and /or bring a copy of the results with you. Your procedure will not be done without it.

Medication Considerations

Medications that may need to be stopped prior to a procedure.

Aspirin and Aspirin Combinations: Combinations such as BC Powders and Goody's (Ask how many days to go off this because it MAY be as much as 10 days depending on procedure!)

Aleve (Naproxen)

Voltaren (Diclofenac)

Motrin (Ibuprofen)

Toradol (Ketolorac)

Lodine (Etodolac)

Indocin (Indomethacin)

Mobic (Meloxicam)

Relafen (Nabumetone)

Daypro (Oxaprozin)

Feldene (Piroxicam)

Pletal (Cilostazol)

Persantine (Dipyridamole)

Fish Oil

The following medications must be stopped prior to the procedure. When scheduling the procedure remind your pain provider or staff that you are taking these medications. (Medications in Red must have written physician approval to stop)

Coumadin (Warfarin)

Sinthrome (Acenocoumerol)

Pradaxa (Dabigatran)

Xarelto (Rivaroxaban)

Eliquis (Apixaban)

Savaysa (Edoxaban)

Plavix (Clopidogrel)

Effient (Prasugrel)

Brillinta (Ticagrelor)

Arixtra (Fondaparinux)

Day of Procedure

All patients must have a driver...no exceptions. The strength and use of your extremities can be greatly affected depending on the type of procedure and medications used. Your procedure will be canceled without an adult to drive you home.

Arrive promptly at the time given to you per the phone call the day before. Bring your insurance cards, ID, and a list of current medications (only if there are any changes since doing your online history). Leave valuables at home, as well as earrings and necklaces. Hearing aids, dentures, glasses, watches and rings are ok. (Glasses will be removed for only the actual procedure). You may eat, drink, take regular medications UNLESS you are instructed NOT TO do this.

Once you are brought into Pain Management, your nurse will check your vital signs and confirm your information as well as where on your body you are having pain, numbness, weakness. Minimum time in the facility is around 1.5 hours. More advanced procedures or issues may stay longer. You will discuss at length with the Doctor and staff the details of your procedure as well as plans for the next step.

After your procedure

Your nurse will take you back to the room where you were checked in - via stretcher (if possible, you may walk into the procedure room, but everyone "rolls out"). They will provide you with specific instructions before you leave. It is typical to continue to have pain for a few days. Certain procedures may cause your extremities to be very weak for a few hours. This is another reason why you must have someone drive you and possibly assist you when at home. Things you can do to alleviate pain is to rest, place an ice pack to the injection site(s) 15 minutes on 15 minutes off as needed (no heat for 48 hours since this may encourage bruising) and take your regular pain medications. No heavy lifting, activity as tolerated (if it hurts to do something – stop doing it). However, if your condition worsens or if you are concerned...you may call 910-235-5000 and ask for the Pain Management dept, call your referring MD, or go to the nearest Emergency Room if you feel you cannot manage it at home. You will be asked to complete a questionnaire about the care you received. Your comments will help us continue to improve our services.