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## PATIENT INSTRUCTIONS

### **CLINIC VISIT**

Please come in 20 minutes before your appointment. This will allow you to fill in registration forms, history forms, privacy forms, consent to treat forms etc. Our staff will be happy to assist you with these procedures. To save time you can go to our website—[www.pacificpaincare.com](http://www.pacificpaincare.com) and print out the forms and fill them out ahead of time. Please remember to bring verification of Insurance benefits ( insurance card) any letters from your treating physician, MRI, XRAY, CT scans. If you have any old medical records relating to your pain complaint including procedures done these would be helpful also to develop your personal comprehensive pain management plan. Please expect to pay any co-pays at time of service per your insurance benefits.

### **PROCEDURE VISIT**

Please call us if you have any questions before your procedure visit. This will minimize the inconvenience of your procedure being cancelled due to non optimized medical conditions. Your safety is our main priority and discussing with the MD how to medically optimize your co existing conditions is essential for safe pain management.

#### **General guides**

Stop taking over the counter NSAIDs, Ibuprofen, Aleve, ASA 81mg, Excedrin, Naproxen, Arthrotec for 3 days prior to procedure.

If taking Clopidogrel (PLAVIX), ASA 325 mg, or TICLID you will need to stop these 7 days prior to procedure. This should ONLY be done if it is ok and cleared by the prescribing physician. Please discuss with us further if you are on these types of medications.

Remember to take all your usual medications on the day of the procedure, this is especially important regarding blood pressure, asthma and diabetes medications.

No solid food for 8 hrs prior to the procedure. Clear liquids (liquids you can see through) are ok 2 hrs prior to procedure.

Please bring another responsible adult on day of procedure who we can discharge you home to and they can drive you home.

Following the above instructions ensure SAFE, EFFICIENT, EFFECTIVE and PRODUCTIVE encounters.