



Metro Denver Pain Management

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PRE-PROCEDURE INSTRUCTIONS FOR CONSULTATIONS AND/OR SPINE INJECTIONS

1. PRIOR TO SCHEDULING YOUR APPOINTMENT

Before an appointment can be set, our office needs to have received the following information:

- Faxed copies of the referring physicians' last two office notes
- MRI results Demographics form Copy of your insurance card

These items should be sent by your referring physician.

It is your responsibility to follow up with them to ensure they've sent these documents via fax to: 303-369-1891 attn: Meg for Procedure Scheduling and Attn: Erica for consultation scheduling.

Be sure that you check with your insurance carrier to see if a "referral" needs to be in place prior to scheduling an appointment.

2. SCHEDULING YOUR APPOINTMENT -After the items above have been received, you will be called to schedule an appointment. At that time a brief medical history will be taken by our staff nurse. Please notify us at this time of any hospitalizations, surgeries or procedures, including locations of inpatient treatment. Most appointments will be scheduled within one week of receiving information from the referring physician!

3. Complete each of the forms that were mailed/faxed to you **or** download them on our website at metrodenverpainmanagement.com. Bring them with you to your appointment, along with current insurance cards. A reminder call will be made the day prior to your appointment, and if scheduled for a procedure at a facility, a call will be made by them as well. You'll also be notified of any time changes from the facility, or physicians office, if necessary.

Any Co-pays will be collected at time of appointment, please be aware of what that amount is and be prepared to make payment prior to seeing the physician the day of your appointment.

4. DRIVING - If your procedure requires IV SEDATION you must have someone drive you home after your procedure. The medications used may cause drowsiness, dizziness, slow response and impaired coordination.

5. DIET -If your procedure requires IV SEDATION we recommend eating a light snack up to 6 hours before the procedure and clear liquids up to 2 hours before the procedure. NO solids for 6 hours prior to the procedure! After the procedure you may resume your normal diet. If you are a diabetic, please tell your primary care physician to provide your pain physician with special instructions.

6. CLOTHING -Wear comfortable clothing. We use betadine or other skin preparations for your procedure and it is possible that it may stain your clothing; please wear clothing that will not get damaged from this solution if it does get on your clothes.

7. MEDICATIONS - Please take all of your prescribed medications as usual. Stop all nonsteroidal anti-inflammatory drugs (NSAIDS) i.e. ibuprofen, motrin, naprosyn etc. 1 (one) day prior to your procedure. Aspirin should be stopped three (3) days prior to your procedure. If you take a "blood thinner" i.e. **COUMADIN**, please stop this drug for five (5) Days and **PLAVIX** seven (7) days before your procedure **after contacting your internist**. It is recommend that those taking a blood thinner have your INR checked and results brought with you the day of the appointment. Please inform the scheduler for further instructions.

8. CANCELLATIONS - To ensure your safety, if any of the above guidelines have not been met, your procedure will be cancelled. Metro Denver Pain Management requires that **any cancellations be made at least 24 Hours prior to your scheduled appointment** by calling our office at 303-750-8100. Failure to do so will result in a \$40.00 cancellation fee. Any questions regarding this policy should be directed to our office management.