



2798 E. Barnett Road Medford OR 97504

**PATIENT PRE-PROCEDURE INSTRUCTIONS FOR PAIN MANAGEMENT  
PLEASE CAREFULLY READ ALL INSTRUCTIONS**

One week before your scheduled procedure a nurse will call you with your arrival time and specific instructions pertaining to your procedure. If you have not received a telephone call by the day before your procedure, please call a member of our staff at 858-8100. Please note that due to changes in the schedule, your time may be changed. We will ask you to arrive 1 hour prior to your scheduled procedure time. If you are unable to keep your appointment, please call our scheduling department at 858-8118.

**PLEASE FOLLOW THE INSTRUCTIONS BELOW:**

**Food and Drink:**

Do not eat anything for 6 hours prior to your procedure. You may drink *clear* fluids (fluids that you can see through and that do not have pulp or dairy) up to 2 hours prior to your procedure. Do not drink anything after that. **Food or water in your stomach could cause serious complications during and after your procedure.** You may brush your teeth but do not do not swallow any water.

**Medications:** Please take heart and blood pressure medications with a small sip of water at least 2 hours prior to your procedure. **If you take prescription blood thinning medications, it is extremely important that you contact us for instructions on holding your blood thinner as soon as possible. We will also request that you contact your prescribing physician to obtain permission to hold it. Your procedure may need to be cancelled if this has not been attended to.**

**Day of Procedure:**

Please understand that those providing your care may ask you the same questions that you've already been asked. While this may be frustrating, it is to prevent medical errors and to ensure your safety.

- **You must have a responsible adult drive you home after your procedure.** Your procedure will be canceled if you do not have a responsible adult driver or medical transport. A responsible driver is an adult who will ensure you get into your home safely. Taxis and Ubers are not allowed.
- Plan on staying 90 minutes to 2 hours.
- Please leave all valuables at home. (This includes jewelry, watches, cash and cell phones). The Surgery Center is not responsible for loss or damage of valuables.
- Please bring a list of your medications and allergies, a photo ID, and your insurance card(s).
- Wear comfortable loose clothing.
- Please contact us prior to the day of your procedure if you have an active infection or if you have a history of MRSA (methicillin resistant staph aureus).

**Your Arrival:** After you are registered, you will be prepared for the procedure by our pain clinic staff. You will meet the doctor, he/she will talk with you and answer any questions you may have.

**After your procedure:** Immediately following your procedure, you will be taken back to your private room where a nurse will monitor your recovery. Recovery time is generally about 20 minutes. You will receive specific post-procedure instructions before you are discharged.