

**ISPINE SPORTS MEDICINE/PAIN MANAGEMENT
TWILIGHT ANESTHESIA PAIN MANAGEMENT CONSORTIUM**

Reginald Newsome, MD

PATIENT INSTRUCTIONS PRIOR TO PAIN TREATMENT/INJECTION THERAPY

1. Please arrive for your appointment at your scheduled time.
2. Please arrange a driver to drop you off and assist you home after your treatment. We cannot recommend driving an automobile or operating any type of equipment including household appliances for the afternoon and evening after treatment.
3. Do not eat or drink anything 6 hours prior to your appointment. On the day of your treatment, please take all of your usual medications with a sip of water (unless specifically instructed otherwise) and bring them with you.
4. You will receive "relaxation medication" prior to your treatment to make your procedure more comfortable.
5. The treatment takes about 15-30 minutes, with an average observation time of about 45 minutes. Your total stay may be up to 2 hours.
6. It will usually take at least several days before you feel any improvement from your injection. You should expect some discomfort from the injection for the 48 hours (or longer).
7. Please call (956) 466-1610 for any changes or questions regarding your appointment.
8. NOTE: If you are taking a blood thinner (Coumadin, Warfarin, Plavix, Heparin, Lovenox, Fragmin, Orgaran, Aggrastat, Tyclid) or any injectable blood thinner, please notify our office prior to your procedure for special instructions.