



Please read this packet of information before you come for a procedure.

What is Sedation?

Sedation is a way of using drugs (sedatives) to make you feel relaxed and sleepy during your procedure. Our Anesthesiologist will give you sedatives through an injection into a vein. Sedation is **not a general anesthetic** and you will not be unconscious. You may remember some of what happens during the procedure and directly afterwards. This is quite normal. Additionally, local anesthetic will be given once you have been sedated to help keep you comfortable.

Preparation for your procedure and what to bring with you:

- Patients having a procedure under sedation must follow the current fasting guidelines for general anesthesia. You must not eat or drink for up to 8 hours before your procedure. If you do eat or drink after these times your procedure will be cancelled.
- Avoid alcohol and marijuana containing products for 24 hours before your procedure.
- Bring with you a list of any medication or drugs you are taking or have recently taken (see attached "Home Medication List"). You may take your usual medicines the day of your procedure with a small sip of water.
- Contact DPM if you are taking any type of blood thinner (such as Coumadin).
- Don't take NSAID's (such as ibuprofen) 5 days prior to your procedure. If you use aspirin, please contact our office for best practice guidelines.
- Contact DPM if you think you may be pregnant or are breastfeeding.
- Call DPM if you suffer from one of the following:
 - Active infection (sinus, UTI, bronchitis, etc.)
 - High blood pressure
 - Asthma
 - Diabetes
 - Allergy to medication
 - Iodine allergy/previous reaction to any type of X-ray contrast/allergy to shellfish
- Bring any recent X-rays and any correspondence from other physicians.
- Speak with your doctor if you need a doctor's note for work.
- Remove all nail polish and false nails, avoid wearing high heeled shoes as you may be unsteady on your feet after your procedure. Do not wear jewelry.
- **You must have a responsible adult to accompany you home.** Transportation such as Medical Transportation, Uber, Lyft, Taxi, city bus or other public transportation is **not acceptable unless a responsible adult is with the patient at the time of procedure.** Responsible party must be at least 18 years old. **If a responsible adult is not present, the procedure will be cancelled.**



The day of your procedure:

Please allow approximately four hours for your procedure

1. You will be admitted to an exam room. Your medical history and pre-procedure check list will be reviewed, and questions answered. You will need to sign a consent form.
2. An IV may be started. (The IV is primarily for your safety, however, once placed we can use the IV to administer sedation if desired and appropriate).
3. Prescriptions and any x-rays are reviewed. Prescriptions for post procedure therapy, medications and follow-up instructions are discussed.
4. The doctor will answer any remaining questions prior to actual procedure.
5. Your procedure whether diagnostic or therapeutic, will be performed to the highest standard. Fluoroscopy (real time x-ray) is mandatory for all spinal injections and advanced procedures. Peripheral nerve blocks are performed with neurostimulation to minimize the risk of nerve injury.
6. Once your procedure is complete you will recover in a dedicated recovery area and be moved to the “sit up” area when appropriate. Discharge instructions will be reviewed, and a follow-up schedule arranged if necessary.
7. You may feel sleepy and mildly un-coordinated (i.e. feel wobbly or unsteady when walking) for a few hours after you have had the sedation. We recommend that you go home and rest after your procedure.
8. **Do not drive, operate machinery or sign important documents for at least 24 hours after your procedure.**

FAQs:

Will the procedure hurt? Patients typically experience little discomfort during our procedures. Pain is minimized through the skill of the care team, judicious use of local anesthetic and sedation when appropriate.

What physician training is required to perform interventional pain management procedures? Board certification in a primary invasive specialty (anesthesiology, orthopedics, neurosurgery) with further training in pain management at a fellowship level is required at DPM.

What is the purpose of a spinal injection? Spinal injections are used for diagnosis and treatment. Small amounts of anesthetic delivered precisely to a painful structure will temporarily alleviate symptoms providing information about the source of your pain. Anti-inflammatory medication included in the injection will decrease pain related to inflammation and facilitate other treatments.

Can my pain be cured? In some cases, pain may be eliminated as a symptom. In most cases carefully selected combinations of physical therapy, injections, medication management, psychological supportive care, and advanced pain therapies will reduce pain to a tolerable level and allow for a more functional and enjoyable life.




DIMURO PAIN MANAGEMENT

Patient Home Medication List (As Provided by Patient)

- ☐ No known Allergies
- ☐ Allergies to food, medication (including latex or IV contrast) etc: (Please list each and their reactions)

Please include all medications (including prescription, over the counter, vitamins, supplements, herbal, street drugs etc).

Name 	Dose	Frequency (How often?)	Reason for Taking	Date of Visit: ----- Last time taken (Date/Time)	C=Continue upon Discharge D=Discontinue upon discharge

Physician Orders:

Discharge Medication	Dosage	Frequency	Comments

Physician/Staff signature: _____ Date: _____ Time: _____

Patient Signature: _____ Date: _____ Time: _____



»» Attention ««

All patients having services at DiMuro Pain Management with Sedation/Anesthesia

Must

have a responsible adult to accompany the patient home.

Transportation such as Medical Transportation, Uber, Lyft, Taxi, city bus or other public transportation is not acceptable if a responsible adult is not with the patient. Responsible party has to be at least 18 years old.

If a responsible adult is not present the procedure will be cancelled.