



Pain Management Procedure

Appointment Location:

Oklahoma Heart Hospital South
5224 E. I-240 Service Road, Suite 109
Oklahoma City, OK 73135
(405) 608-3800

If you need to cancel your appointment, please call 24 hours in advance. Thank you.
The hospital nursing staff will call you to pre-register the day prior to your procedure.

Patient and Caregiver Information:

Your physician has recommended that you consider an interventional pain management procedure. This guide will help to communicate what will happen before, during, and after your procedure.

Preparation:

What do I do before my procedure?

- You will receive a phone call reminding you of your procedure.
- You will need to fast for this procedure unless directed otherwise by your physician. No food by mouth for 6 hours prior to your procedure time. You may drink some liquids prior to the procedure, however, we ask that you do not drink any milk products, ie: no creamer in coffee.
- Please arrange for a responsible, licensed driver to take you home after your procedure.
- Please bathe with an anti-bacterial soap the morning of your procedure.
- Please wear loose fitting clothing with no metal zippers or metal buttons.

Medications:

It is very important to follow the pre-procedure medication instructions provided by your physician. Please prepare a current list of your medications to bring with you on the day of your procedure.

Medications to avoid for 4 days prior to your procedure unless directed otherwise by your physician include: Aspirin, Motrin, Ibuprofen, Aleve, Naproxen, Celebrex, Mobic, Meloxicam, Diclofenac, Etodolac or any other over-the-counter anti-inflammatories (NSAIDS), garlic, ginkgo, ginseng, fish oil and vitamin E.

If you take a prescription blood thinner on a regular basis, please verify that we have written consent from your prescribing physician included in your electronic medical record.

Day of Procedure:

- Please no lotions or perfumes the day of your procedure.
- Please check in at the Medical Office Building in Suite 109 one hour prior to procedure start time.
- After registration, you will be taken to a room and a nurse will get you ready for your procedure.
- To assure all patients' privacy, please be aware that it is preferred to have family member and /or friends wait in the waiting area.

During the Procedure:

Will I be provided anesthesia/sedation?

During the procedure, you may be given medications in your IV that will help you relax and may make you sleepy. This type of anesthesia is called moderate sedation. Unlike general anesthesia that you might receive during a surgical procedure, this type of anesthesia will allow you to sleep lightly, but still respond to commands and take deep breaths or open your eyes. This moderate sedation will make you more comfortable during your procedure. Please be aware that most procedures are performed while the patient lies face down on the procedure table (prone position) and it is not wise or safe to render a patient unconscious, or fully asleep while in this position. Friend or family assistance is recommended at home for 24 hours after anesthesia.

What are the side effects of moderate sedation?

- Poor balance
- Headache
- Sleepiness
- Impaired judgement
- Memory fog
- Nausea

After the Procedure:

What should I expect after my procedure?

- Once the procedure is finished, you will return to a room for recovery. A nurse will oversee your recovery and prepare you for discharge.
- You will go home with a dressing or bandaid over your injection site. Before you are discharged home, we will provide you with written discharge instructions including information regarding when to remove the dressing and how to care for the injection site.

PLEASE refer to your written discharge instructions as needed and do not hesitate to call our office at 405-608-3800 with any questions. Thank you!

Form Revision #	Form Changes
OHHP-F627 (Rev. 3/19)	Text Changes
OHHP-F627 (Rev. 6/22)	Add Copy