

Q: Before I go home and after an injection, will I receive any instructions?

A: Before you leave the Pain Medicine Clinic, you will receive a discharge summary sheet with possible side effects to watch for. A phone number will be given to you to call if you have any questions or concerns. A return appointment is usually set up so the Pain Medicine Clinic physician can evaluate your progress. A Pain Medicine Clinic nurse will give you a follow-up phone call the next day to review your discharge instructions and answer any questions you might have.

Q: When I go to the Pain Medicine Clinic, will I always have an injection?

A: Not necessarily. The physicians are specialists in pain management. They may use other avenues of treatment before an invasive procedure such as an injection is used. Some medications or physical therapy may also be used first as a treatment for conditions. Return appointments may be necessary for ongoing evaluation of your condition.

Q: If I have a steroid injection, what are some of the possible consequences of the steroid?

A: A steroid is used in the injection to decrease the inflammation in that area. The consequences you will notice are likely to be mostly beneficial since the inflamed area may decrease in size, and your discomfort may subside. You may experience a mood change (usually positive in nature), fluid retention, insomnia and an increase in your blood sugar level (if you have diabetes).

If steroid injections are going to be used for the management of your condition, the physician will monitor the amount of injections you will receive over a period of time. There is a limit to the amount of steroid injections you can have over a period of time.

For More Information

These answers to commonly asked questions will help with some of your concerns. The Pain Medicine Clinic's operating hours are Monday through Friday, 8 a.m. to 4:30 p.m. For more information please call the Pain Medicine Clinic at 515-239-5080 or toll free at 888-646-2148. You may also fax us at 515-956-2710. Feel free to leave a message on the answering machine.

Your Appointment at the Pain Medicine Clinic

Date: _____

Time: _____

Physician: _____



Specialized care. Personal touch.

1111 Duff Avenue
Ames, Iowa 50010

515-239-5080 or
Toll Free 888-646-2148

Mary Greeley Medical Center is accredited by the Joint Commission.
All facilities and grounds of Mary Greeley Medical Center are tobacco free.

www.mgmc.org



**Pain Medicine
Clinic**

*Question and Answer Guide
for Patients and Visitors*



Specialized care. Personal touch.



Pain Medicine Clinic

You have been experiencing some type of discomfort that has disturbed your lifestyle. To help diagnose your problem, your primary care physician has likely started some initial treatments and tests, such as magnetic resonance imaging (MRI), X-ray and computerized tomography (CT) scan. Your referral from your primary care physician to the Pain Medicine Clinic will assist in diagnosing and treating your condition.



Q: What do I need to do the day I come to the Pain Medicine Clinic?

- A:**
- Before your visit you will need to fast to be prepared for a possible procedure. Fasting means no food for the previous six hours and no liquids for the previous three hours.
 - You need to have a driver available to take you home.
 - Inform the Pain Medicine Clinic staff if you are taking any blood thinners. Do not take blood thinners five to seven days before your appointment, if the prescribing physician approves it. Some of our procedures cannot be done if your blood is too thin.
 - For your safety, please bring in a list of all your medications with dosages.

Q: Where are you located?

A: The Pain Medicine Clinic is located at Mary Greeley Medical Center, 1111 Duff Ave., Ames. Free valet parking is available at the main entrance of the medical center. If you stop at the Patient Information Desk at the main entrance, you will receive directions to the clinic. You will be registered at the Pain Medicine Clinic.

Q: Why must I fast and have a designated driver?

A: The Pain Medicine Clinic physician may decide to do an injection on your first visit to begin treatment. For your safety and car insurance purposes, you need someone to drive you home. Fasting is necessary so that you do not develop any gastrointestinal problems during any procedures.

Q: Why do I need to come to the Pain Medicine Clinic, and what will the physicians there do?

A: Your primary care physician needs the expertise of the Pain Medicine Clinic physicians. These physicians specialize in certain procedures that will help treat the condition that has caused your discomfort. First, the physician will likely review your case history in detail before performing a physical exam. If the physician decides to do an injection, he will determine which injection is best to treat your condition. He will discuss possible benefits as well as possible complications associated with that procedure. The physician may need to order further tests, or may prescribe some medications or physical therapy to help decrease your discomfort.

Q: How long will I be at the Pain Medicine Clinic?

A: The average time spent at the clinic is approximately one to two hours. Your driver can stay with you, if you wish, or he or she may come back after your appointment. If your driver prefers to leave and come back later, have him or her ask the Pain Medicine Clinic staff when to return.

Q: Should I take my medications the morning of my appointment?

A: We would like you to take your heart pills and blood pressure pills with a small sip of water. If you have diabetes and take insulin or oral medications, please call the Pain Medicine Clinic at 515-239-5080 or toll free at 888-646-2148, or check with your diabetes educator for specifics on taking your medications.



Q: Will my insurance cover my visits to the Pain Medicine Clinic?

A: Any questions regarding benefits and coverage of your visits to the Pain Medicine Clinic need to be directed to your insurance company. It is to your advantage to know your insurance coverage. Some insurance companies require pre-authorization before you visit any physician besides your primary care physician. If you have any questions or concerns about the billing or cost of the Pain Medicine Clinic, please contact Mary Greeley Medical Center's business office at 515-239-2111.

Q: If I do receive an injection, what should I expect?

A: First and foremost, the physician will explain the purpose of the injection, how the injection is to be performed and any possible post-injection complications. You may want to write down any questions you have before your appointment so you can address them with your Pain Medicine Clinic physician. During and immediately after the procedure, the Pain Medicine Clinic staff will monitor your status. You may expect to stay in the clinic up to 30 minutes following your procedure.