

## PAIN MANAGEMENT

Pain management includes procedures used to assess and control pain from different pain generators in the body. A small amount of either steroid and anaesthetic or dextrose is injected into precise locations using image guidance.

Pain Management injections are offered at our Red Deer Main, Notre Dame & Lacombe locations. Specific injections are offered at our Sylvan Lake location.

**Covered by Alberta Health Care**

**Referrals are necessary for all bookings**

**Exam Duration:** 30 - 45min

## PATIENT PREPARATION

- ✗ **For all EPIDURAL injections**, blood thinners (Warfarin, Coumadin, Plavix, Aspirin, Eliquis etc.) must be discontinued for **5 days prior** to your injection, but only after your physician has provided written approval, post consultation.
- ✗ Patients taking a course of antibiotics (14 days or less) will be booked on or after completing their last dose.
- ✗ Pain management injections should be performed at least **48 hours** post vaccination or flu shot, or if possible postpone the vaccination/flu shot to the day after.
- ✗ Pain medications with the exception of narcotics, should be discontinued at midnight, the evening prior to your injection.
- ✓ Having a snack before your appointment is encouraged.
- ✓ Arrive **30 minutes before** your appointment time.
- ✗ You should be accompanied by a driver, but if this is not possible, you will be asked to remain in the department for **15-30 minutes post injection**.
- ✓ Additional instructions will be given at time of booking.

## WHAT TO EXPECT DURING YOUR EXAM:

- ✗ When you arrive at CAMIS, you will check in at reception.
- ✗ One of our pain management technologists will review your history and complete a consent form for you to sign.
- ✗ You will be taken into the exam room and positioned on a diagnostic bed.
- ✗ The radiologist will be called into the room and will review relevant imaging and documentation.
- ✗ The radiologist will perform the injection with image guidance, injecting a small amount of either steroid or dextrose and anaesthetic
- ✗ Once the procedure is complete you may be asked to wait for **15-30 minutes**.
- ✗ Instructions will be given at time of booking.

## AFTER YOUR EXAM:

- ✓ You will be free to go.

CAMIS strives to have results sent to your referring doctor **as soon as possible**. In some cases, exams may require consultation, which can delay reporting. Rest assured, our team works carefully to ensure your results are accurate and communicated promptly to support your care.