



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 location and 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.
- ✗ Antibiotic cycles must have been completed for **10 days prior** to pain management injections.
- ✗ 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:

- ✓ Depending on the procedure, you will receive a Pain Diary to fill out. This exercise helps the referring physician assess the success of the procedure.
- ✗ CAMIS does not provide any follow up evaluation.
- ✓ You should contact your referring physician to discuss next steps with respect to the plan of management and to discuss possible repeat injections if required.

CAMIS strives to have the results sent to your referring doctor **within 24 hours**. Sometimes exams require consultation which can delay reporting. If your doctor has **not received results in 7 days**, please email connect@camiscare.ca with the concern and include your Alberta Health Care number. An administrator will determine the cause of the delay and respond to you.