

## **THE DAY OF YOUR VISIT**

For your appointment PLEASE remember to:

- Bring your MRI and/or X-ray CD or films
  - Bring your completed paperwork
- Contact the office if you are taking ANY blood thinning medication other than baby aspirin.
- Bring your license or photo ID and your Insurance cards

**Be sure to have any necessary insurance referrals in place prior to your appointment date. Call your primary care physician's office or your insurance carrier to confirm.**

### **BLOOD THINNING MEDICATION:**

If you are on a blood thinning medication, you may need to contact your primary care physician to temporarily stop your medication. This will vary depending on the medication and the treatment plan. Please call us to receive instructions. If you are unsure if you are taking a blood thinning medication, check with your primary care physician.

207-942-6226

Your initial appointment will be about one hour. We use the team approach.

Our team consists of Doctors and Nurse Practitioners; all are highly qualified and trained in interventional pain management. You may see one or more provider on the day of your visit. We ask that you bring a driver with you in anticipation of an injection. If you cannot bring a driver with you to the appointment you will have to wait in our waiting area for up to 30 minutes following your injection.

