

**LCA PAIN CLINIC INSTRUCTIONS (Jones Regional Medical Center)**

1.) Your appointment is scheduled on \_\_\_\_\_  
Day Date

Patient must arrive at the Pain Clinic at \_\_\_\_\_ am/pm.

**If you need to reschedule, please call (319) 481-6180. If you don't give at least 24-hours notice, a no-show fee could be charged.**

2.) If an injection is done, patients must:

- Have a driver to take them home.
- Have a responsible adult to check on them for 24 hours after the procedure.

3.) Please complete the attached Pain Assessment form before you arrive at the Pain Clinic. If you do not have this form, it is available on our Web site: [www.cr-painclinic.com](http://www.cr-painclinic.com)

4.) Eating/Drinking instructions (if a procedure may be performed):

- NO solid foods 6 hours before appointment
- Clear liquids up to 3 hours before appointment
- (This means nothing by mouth 3 hours before your appointment)

5.) Medications:

- If you are taking any blood thinners, such as **Coumadin, Plavix, Aggrenox, Pradaxa, Effient, Xarelto, Brilinta (Ticagrelor), Eliquis, Lovenox** or any other blood thinner, please call the Pain Clinic at JRMCC at (319) 481-6180.
- Aspirin: Do not take any aspirin or aspirin-containing products during the 72 hours prior to your appointment. Other pain medicines (ibuprofen, acetaminophen, naproxen, etc.) may be taken through your appointment time.
- If you have an infection, are running a temperature, or **taking an antibiotic** please call the Pain Clinic at JRMCC at (319) 481-6180.
- Diabetics: Contact the Pain Clinic at JRMCC for instructions at (319) 481-6180 at least two days prior to your appointment.
- Insulin dependent diabetics: Check a morning blood sugar at home the day of your appointment. Call the Pain Clinic at (319) 481-6180 if your blood sugar is greater than 250 mg/dl.
- Please take all other morning medications with water (small amount).

6.) Questions:

- For questions concerning medications, eating/drinking instructions or directions, call the Pain Clinic at JRMCC at (319) 481-6180.
- For scheduling questions call (319) 481-6180
- Additional information is available on our website: [www.cr-painclinic.com](http://www.cr-painclinic.com)

7.) Directions:

Jones Regional Medical Center is located at 1795 Hwy. 64 E. in Anamosa, Iowa. Phone (319) 481-6180.

8.) To schedule a follow-up visit at the Pain Clinic:

Future visits to our Pain Clinic for the *same pain problem* can be authorized by Pain Clinic personnel for up to one year from your first visit. Please call the Pain Clinic for authorization and an appointment. If you have a new/different pain problem, your referring physician must contact the Pain Clinic with a new referral.

9.) The preauthorization department at Jones Regional will be handling any required preauthorizations for your procedure. This department will be relying on the insurance information you provided to your referring physician. If they have any questions or concerns based upon the current insurance information they received they will be contacting you directly. As with any medical procedure it is ultimately the patient's responsibility to verify insurance coverage and benefits.