



Advice to be Read

Before Having a Pain Relief Procedure

Under General Anaesthetic/Sedation/Local Anaesthetic

The following information has been produced to ensure that you are able to have your pain relief procedure. It is essential that you read and follow the advice given in this leaflet before you come to the hospital. If you do not follow the advice you may not be able to have your treatment.

If you are not sure about what you should do or you have any queries, please contact the unit before your appointment on **01473 702705**.

- You can take any medication as normal. If you take warfarin, clopidogrel or any drugs for diabetes, including insulin, please notify the Pain Management Clinic (**01473 703435**) when you receive your admission letter. Please bring your tablets or medication with you.
- Please have a bath or shower before you come to the hospital.
- If you normally wear a dressing gown and slippers at home you may wish to bring them.
- Apart from some small change for the telephone, please leave any valuables or jewellery at home.
- **Female patients:** please notify us if you think you may be pregnant.
- It is essential that after the procedure you arrange for an adult friend or relative to collect you by car or taxi. You will not be able to use the bus or train to travel home.
- You will need to have a responsible adult to stay with you for eight hours following your procedure.
- You may have to wait a while before your procedure so bring something to read or do to keep yourself occupied.
- **If your treatment is in the morning,** eat a normal evening meal the night before and do not have anything to eat after **midnight**; this includes sucking sweets or chewing gum. You can drink clear fluids until 6 am (water, black tea, black coffee or diluted squash but not fruit juice).
- **If your treatment is in the afternoon,** eat a normal breakfast that morning and do not have anything to eat after **7.30 am**; this includes sucking sweets or chewing gum. You can drink clear fluids until 11 am (water, black tea, black coffee or diluted squash but not fruit juice).

Hospital transport may be available if there is a medical need; if you think you are eligible please contact your GP who will make the necessary referral.

If you have any questions about this information or your treatment please contact the **Pain Management Unit** on **01473 703435** between 8am and 5pm, Monday to Friday.

Outside these times you should contact your GP or the Emergency Department (**01473 702035**) if you have any problems.