



## LCA PAIN CLINIC INSTRUCTIONS (Mercy Medical Center)

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

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

**Please call (319) 398-6636 if you need to reschedule. A fee will apply if you miss this appointment without providing 24 hours notice.**

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

- Have a driver to take them home.
- Have a responsible adult stay with you for 24 hours after the procedure if receiving sedation.

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 2 hours before appointment
- (This means nothing by mouth 2 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 (319) 398-6636.
- 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 (319) 398-6636.
- Diabetics: Contact the Pain Clinic for instructions at (319) 398-6636 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) 398-6636 if your blood sugar is greater than 200 mg/dl.
- Please take all other morning medications with water (small amount)

6.) Questions:

- For questions concerning medications, eating/drinking instructions, directions, or scheduling call the Pain Clinic at 398-6636(M-F 7:30-4:00).
- Additional information is available on our website: [www.cr-painclinic.com](http://www.cr-painclinic.com)

7.) Directions:

Park in Mercy Medical Center's 8<sup>th</sup> street parking ramp near the North Entrance on any level (ground floor through 3<sup>rd</sup> floor). There are reserved parking spots on the 3<sup>rd</sup> floor. Take Elevator C to the 4<sup>th</sup> floor. Exit the elevator to your left. Turn right at the hallway toward the Pain Management Clinic.

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 Mercy Hospital 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.

# painMANAGEMENT

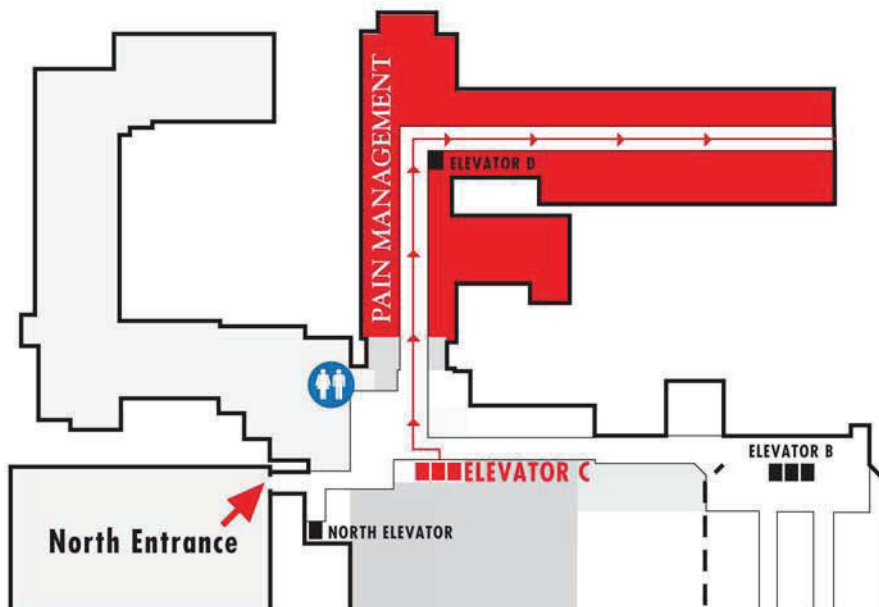
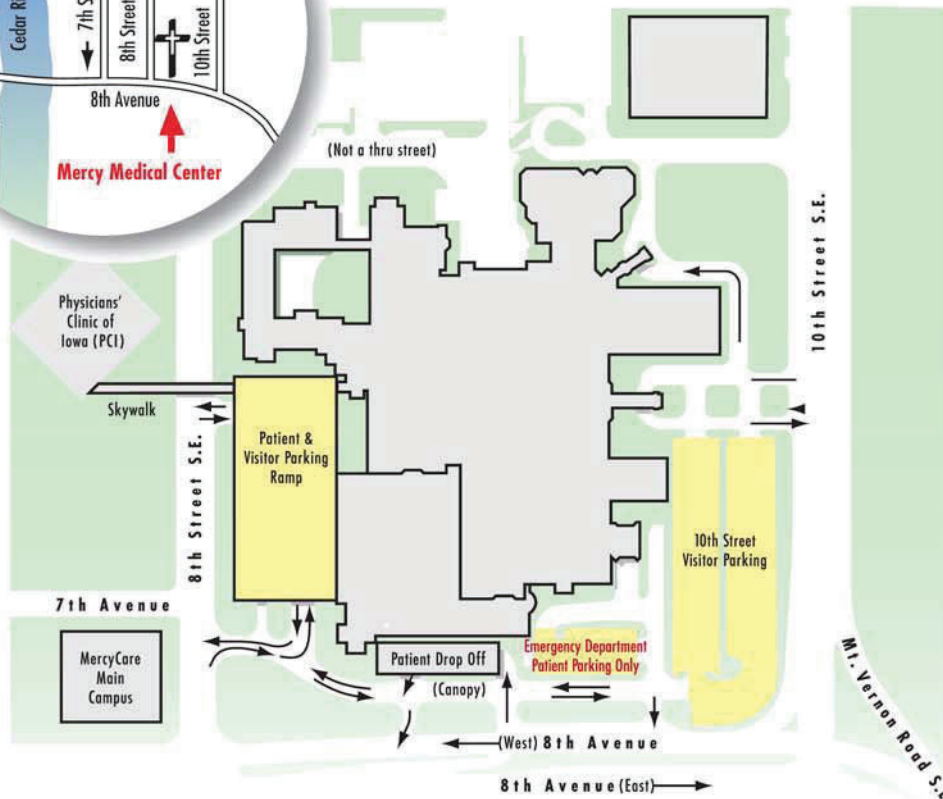
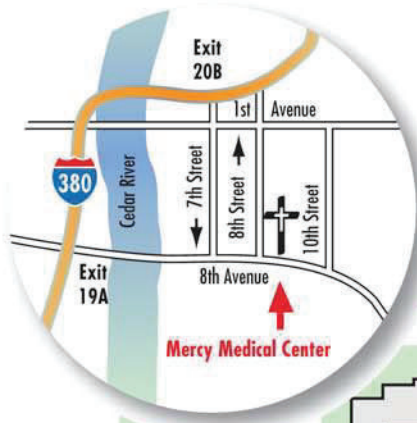
One out of every three people will suffer chronic pain at some point in their lives.

If you suffer from acute or chronic pain that interferes with your enjoying life,

Mercy's Pain Management Services may be able to help.



701 10th Street SE  
Cedar Rapids, Iowa 52403  
(319) 398-6011 • [www.mercycare.org](http://www.mercycare.org)



## HOW TO FIND US

### From Highway 30 East or West

Take the I-380 N exit.

Approaching from the South  
(on I-380)

Heading northbound on I-380, take the Diagonal Drive exit (#19A) and turn right (east). Diagonal Drive curves left over the Cedar River and turns into 8th Avenue SE. Mercy is about 8 blocks on your left. (Turn left on 8th Street to access the parking ramp.)

### Approaching from the North (on I-380)

Heading southbound on I-380, take the 7th Street exit (#20B). Stay on 7th Street heading south for about 9 blocks. Turn left (east) on 8th Avenue SE. Mercy is one block on your left. (Turn left on 8th Street to access the parking ramp.)

### Parking/Directions to the Pain Clinic

Park in the 8th Street parking ramp (accessible from either 8th Street or 8th Avenue). You may park on any level (ground through 3rd floor) and enter the building at the North entrance. Take the "C" elevator to the 4th floor. Reserved parking is available at the North entrance of the 3rd floor and is marked "Pain Management."