

**CARDINAL PAIN CENTER PA**

**Vijay Arvind, MD**

**Phone: 214 377 1753**

**YOUR APPOINTMENT FOR PROCEDURE IS ON \_\_\_\_\_**

**DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_**

**PLEASE BRING A LIST OF YOUR CURRENT MEDICATION WITH DOSE & FREQUENCY TO THIS APPT. THE ANESTHESIOLOGIST WILL NEED THIS INFO**

**LOCATION: Baylor Scott & White Health LOCATED AT  
231 South Collins, Sunnyvale, TX 75182**

**CHECK IN AT THE HOSPITAL NOT IN THE PROFESSIONAL BLDG**

**PATIENT INSTRUCTIONS PRIOR TO PAIN TREATMENT**

1. Please arrive for your appointment at your scheduled arrival time.
2. Please **arrange a driver to bring and stay for appointment** as well as assist you at home after your treatment. We cannot recommend driving an automobile or operating any type of equipment including household appliances for the afternoon and evening after treatment.
3. **Do not eat or drink** anything **8 hours** prior to your appointment, **this includes chewing gum or mints!** **Please take all of your usual medications with a SIP of water** (unless specifically instructed otherwise)
4. **NOTE:** If you are taking a blood thinner (Coumadin, Warfarin, Plavix, Heparin, Lovenox, Fragmin, Orgaran, Aggrastat, Tyclid) or any injectable blood thinner, please notify our office prior to your procedure for special instructions.

**MEDICATIONS NOT TO TAKE BEFORE APPOINTMENT INCLUDE:**

**PRESCRIPTION BLOOD THINNER - MUST BE OFF FOR ONE WEEK (7-10 DAYS)**

**ASPRIN - MUST BE OFF FOR ONE WEEK**

**BABY ASPRIN OR 80MG ASPRIN - MUST BE OFF THAT MORNING!**

**ANY DIABETIC MEDICINE - MUST BE OFF OF THAT MORNING! CAN TAKE AFTER APPT!**

5. You will receive "relaxation medication" prior to your treatment to make your procedure more comfortable.
6. The treatment takes about 15 – 30 minutes, with an average observation time of about 45 minutes. Your total stay may be up to 2-3 hours.
7. It will usually take at least several days before you feel any improvement from your injection. You should expect some discomfort from the injection for the first 48 hours (or longer).
8. Please **call 214-377-1753** for any changes or questions regarding your appointment.
9. **PLEASE SEE REVERSE FOR DIRECTIONS TO THE INJECTION FACILITY**

**CANCELATION POLICY –**

**APPT NOT CANCELED 24 HOURS IN ADVANCE OF INJ OR PROCEDURE IS SUBJECT TO A \$25.00 ADDITIONAL FEE!**

