

**Annapolis Radiology Associates
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Patient Instructions

**CERVICAL NERVE ROOT BLOCK
CERVICAL FACETS
OCCIPITAL NERVE BLOCK, SYMPATHETIC BLOCK**

Your test is scheduled for _____ at _____.
Please call 1-800-952-7246 the day before to confirm your appointment
time. (Monday – Friday, 8:30 am – 4:00 pm).

Preparing for your procedure:

Please complete the enclosed **pre-procedure pain diagram form** and **bring this form with you** the day of your procedure. Include a list of any and all medications you are currently taking.

If you have had an **MRI, CT scan or other films** please **bring copies with you**.
The procedure will be canceled if films are not available.

Arrange to have a driver accompany you on the day of the procedure. You will be receiving IV sedation. **If a driver is unavailable, the procedure will be canceled per hospital policy. We must be able to contact your driver before, during and after your procedure** either by phone or pager (Pagers are available at the Short Stay Unit front desk...please ask).

Plan to be at the hospital up to 3 hours. Please do not bring small children with you.

The day of your procedure:

Report to the Short Stay Unit on the second floor of the Acute Care Pavilion on the day of your exam. Wear loose comfortable clothing. A sweat suit is optional.

Please withhold pain medication for at least 2 hours prior to the exam time. If you are receiving pain medication by skin patch, you must call the nurses at 443-481-1385 for further instructions. You may bring pain medication with you to take after the procedure if desired.

Please do not eat or drink for at least 4 hours prior to the exam. You may bring a snack with you to eat after the procedure; a drink will be provided.

DIABETICS:

If your exam is before 12 noon, do not eat or take any diabetic medication before the procedure. Bring your medication with you.

If your exam is 12 noon or after, please eat breakfast before 7 a.m. and take your pill or _ your morning dose of insulin. Bring your medication with you.

Other MEDICATIONS :

Please take all your routinely prescribed medications the day of the procedure including blood pressure, heart, thyroid pills, etc. **NOTE:** If you take **BLOOD THINNERS** (example : coumadin or heparin) please contact the prescribing physician for instructions. You should stop taking this medication for 48 hours prior to the test.

You must be healthy the day of the exam. You **cannot** have a fever, infection, sore throat or cough. Please call 443-481-1385 Monday thru Friday 8 – 5 pm and ask to speak to one of the nurses if you have a question regarding your possible illness.

REGISTRATION: On the day of your procedure report directly to the second floor of the Acute Care Pavilion at least one hour prior to your scheduled appointment time to get registered. (If your appointment time is 7:30 am, report _ hour earlier at 7:00 am).

There you will be seen by Dr. Eckel, Dr. Thompson or Dr. Dagher prior to the procedure to discuss your condition, x-rays, and purpose of the test.

After the procedure:

You will be given written discharge instructions before you leave and the procedure will be explained to you and your driver. The films you brought with you will be returned upon your discharge.

Your referring physician will receive a dictated report from Dr. Thompson, Dr. Eckel or Dr. Dagher 8 – 10 days following your visit.

If you are in physical therapy check with your patient manager or physician before resuming treatment. Dr. Eckel, Dr. Thompson and Dr. Dagher recommend delaying any physical therapy 48 – 72 hours post procedure.

If you have any questions regarding your procedure please contact the nurses at 443-481-1385.