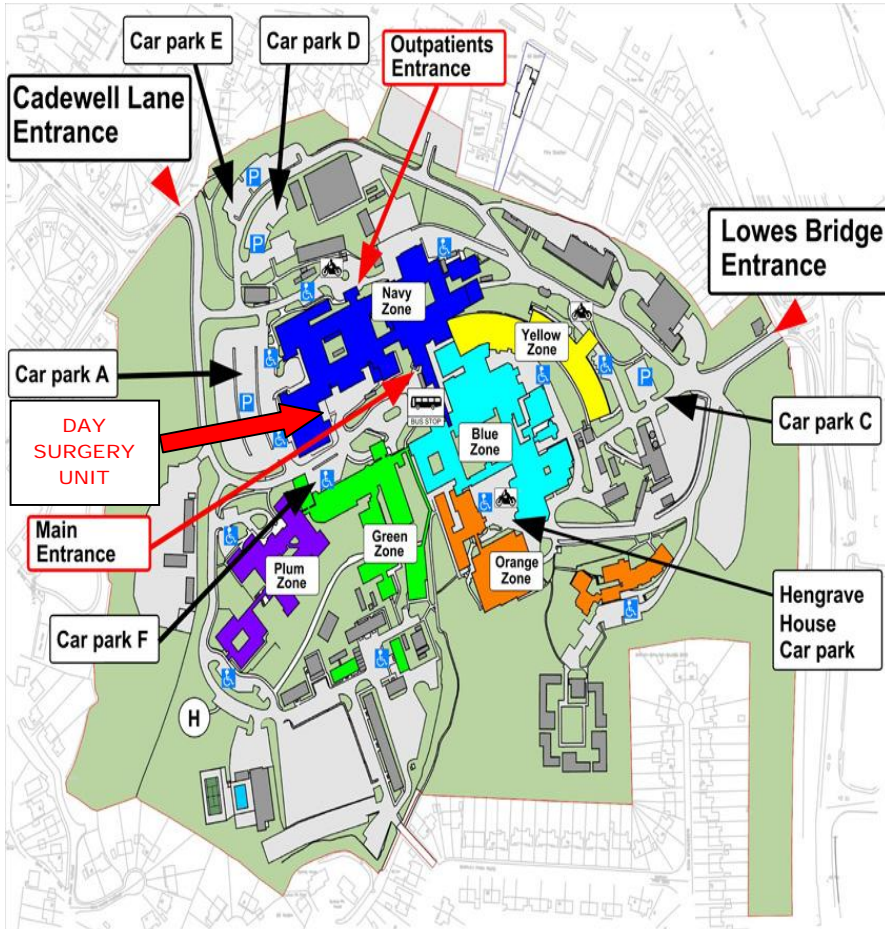


THE NEAREST PARKING IS AVAILABLE IN PAY AND DISPLAY CAR PARK A.

Enter the unit through the green door and follow signs up the lift or stairs. The day surgery unit and the grounds are non-smoking. For relatives and friends the league of friend's café is on level 2 and the restaurant on level 4.



Useful numbers

Hospital transport	01803 656777
Admissions office	01803 656031
Day surgery unit	01803 655508



**PATIENT
INFORMATION**

**Pain Clinic
Information leaflet for the day
surgery unit**

How to prepare and what to expect



The morning of your injection



You may eat and drink as normal before the injection, unless your hospital letter states otherwise. **Take all your tablets at the normal times.** You will not need to get undressed but if you could wear loose fitting clothing such as tracksuit clothing so that the skin can be easily exposed.

Please bring the following with you



Tablets, medicines, or inhalers you are taking, or a list of medications that you are taking.



Name and phone number of a relative or friend who is collecting you after the injection.



Something to read or music that you can listen to through personal headphones.



Money to pay for car parking if your relative/friend is staying with you (maximum charge £6.00) as you could be at least two hours. **Please do not bring valuable items with you.**

When you arrive

Please come to the day surgery unit reception. It is important that you arrive at the time stated on your letter. The receptionist will check your details and ask you to sit in the waiting room. The nurse will collect you when the consultant is ready to see you, the consultant will have a chat with you about the injection explaining what will happen and any risks involved, you will be asked to sign a consent form. If you have any questions please ask.

Your injection and what happens afterwards

During the procedure, your relative/friend can wait in the waiting room for you or they can collect you when you have had your injection and are ready to leave. You will be asked to lie on your front or side for the procedure. Your skin will be washed with antiseptic which feels cold and an injection of local anaesthetic will be given to numb the area; this will sting for a short while. An x-ray machine may be used to help with the correct placement of the needle (female patients may be asked if there is a chance they could be pregnant prior to exposure to x-ray). The injection contains a small amount of local anaesthetic and steroid. **You will need to stay in the department for thirty minutes or so until you are able to walk and are fit to be discharged.**

Leaving hospital



You will be given a discharge letter explaining what injection you have been given and a pain diary to fill in. You will be told how to fill this in during your appointment; this will help the consultants decide what happens next.



You must be collected from the unit you will not be allowed to travel home by bus or train.

Important information



Please contact the pain office before your admission date on 01803 656031 if you have

- Any form of infection that requires you take antibiotics
- You are taking any of the following medications such as Clopidogrel, Warfarin, Rivaroxaban, Dabigatran or aspirin as some of these may need to be stopped prior to the injection.