

## Patient information

# Pain service intervention treatments

## *Pre-admission information for patients*

### Nil by mouth – instructions

#### Morning list .....am:

- Nothing to eat from midnight (including sweets or chewing gum).
- You may drink water only until **7.00am**
- Take your regular morning medication before **7.00am**

#### Afternoon list .....pm:

- Nothing to eat after **7.00 am**, (including sweets or chewing gum). Take your regular morning medication.
- You may drink water only until **11:00 am**

***Failure to follow this advice could lead to cancellation of your procedure.***

### Pre-procedure advice regarding Diabetes

- If you are **Type 1 Insulin controlled** diabetic or **Type 2 tablet and Insulin controlled** diabetic contact your diabetic provider (GP or diabetic nurse) for advice on how to manage your diabetic medication prior to your intervention/injection

- If you are **Type 2 tablet controlled** diabetic please contact the Pain Service 01284 712528 for advice on how to manage your diabetic medication prior to your intervention/injection.

## **Pre-procedure advice regarding anticoagulation therapy**

**It is most important that you inform the PAIN CLINIC (01284 712528), six weeks prior to your admission, if you are taking medication to thin your blood, for example;**

- **Warfarin**
- **Clopidogrel**
- **Rivaroxiban**
- **Apixaban**
- **Dabigatran**

The doctor will then provide guidance as to whether there is a need to temporarily stop any blood thinning drug. You will be advised on the day when to restart your medication.

## **Preparation for your procedure**

- Do not smoke or use recreational drugs for 12 hours prior to your procedure.
- If possible, please have a bath or shower on the evening before or the morning of your procedure.
- A parent/guardian should accompany patients under 16 years of age who will be admitted to ward **F1, the Rainbow Ward**.
- Arrange for a responsible adult to drive and accompany you home.

## **Please help us:**

- Do not wear any makeup or nail varnish on your fingers or toes.
- Do not wear any jewellery except a wedding ring, removing any body piercing.

- Please wear glasses rather than contact lenses if possible.
- Comfortable clothes and sensible shoes are recommended.
- Please wear cotton underwear.
- Keep your hearing aids in situ.

### **Bring the following with you:**

- Any drugs, medicines or inhalers you are using.
- Dressing gown and slippers.
- Something to read.

### **What will happen on the day?**

- When you arrive the pain clinic staff will admit you.
- You will meet the pain specialist doctor prior to your procedure. If you have any questions please ask them at this point of time.
- You will then be asked to sign a consent form.
- You will then be prepared for your procedure
- On completion of your procedure you will return to the ward area to recover and be prepared for discharge.

**You will find that you are asked the same questions more than once; this is all part of the careful checking system.**

### **Complications**

Procedure specific patient information will be provided on discharge.

### **After care / discharge advice**

You will be provided with the following:

- Procedure specific patient information leaflets

- Discharge advice sheet relating to your specific procedure.

## **Wound / puncture site infection**

Injection puncture site infection is an uncommon complication of pain intervention treatment. Do avoid touching the puncture sites to reduce risk of infection. You may experience some slight bleeding at injection sites initially. Following the procedure an elastoplast or other form of dressing can be applied temporarily and removed later that evening. If the injection sites become red, swollen, hot and painful to touch, or discharges any pus, you may have developed an infection. You will then need to contact your GP for advice as to whether you need antibiotics.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)*  
<https://www.accessable.co.uk>

