

Pre-procedure Instructions for Nerve Blocks

1. You must be here at Newport Pain Management Center approximately 10 minutes before your procedure.
2. Do not eat or *drink* anything EXCEPT clear liquids (for example, water, tea, apple, or cranberry juices) 3 hours before your procedure (block).
3. Try not to smoke at least 4 hours before your procedure (block).
4. Take blood pressure pills and medicines for your heart as usual on the morning of your procedure. Take your medicine with a sip of water before your arrival at the Pain Management Center. Ask your physician about aspirin, aspirin-like medicines, Coumadin, or blood thinners and when you should stop taking them before your procedure.
5. Remember to wear comfortable clothing. Wear flat shoes.
7. Because of medication after effects such as weakness or sedation, it will be necessary for a responsible adult of your choice to accompany you when you leave.
8. Notify your physician of any change in your physical condition, such as a cold or sore throat.
9. Call if you have any questions.

Thank you.

Newport Pain Management