

Pre-procedure Pain Management (Injections)

PATIENT INFORMATION

Wellington Regional Pain Service (WRPS)

You have received an appointment for a procedure at Fluroscopy.

Please note that on the day you will need to have:

- Had nothing to eat for 4 hours before the procedure. Nothing to drink (fluids) for 2 hours before the procedure

Please contact our nurse if you have diabetes to confirm your fasting arrangements.

- A responsible adult to take you home and stay with you
- Your reading glasses (if you need any) for signing your consent form

For your own safety we cannot do the procedure / infusion unless you have made these arrangements.

Do I need to arrange anything before my procedure / infusion?

- Please phone us on (04) 385 5344 before the day of your procedure if you are taking any medications that thin your blood, for example Warfarin, Dabigatran, Clopidogrel
- You will be able to go home on the same day that you have your procedure / infusion.
- You will **not** be able to drive a car, take a taxi or use public transport by yourself.
- You will need to arrange for a responsible adult to accompany you home and to stay with you for the first 24 hours following your procedure / infusion. It is essential that you have access to a telephone during this time.

What should I do if I become unwell before my procedure / infusion?

If you become unwell in the 48 hours before your procedure / infusion it is important that you contact us on (04) 385 5344 for further advice.

Can I bring a support person with me?

You are welcome to bring family or a support person to wait with you during your procedure / Infusion. As space in the department is limited and you are asked to be considerate and respect the privacy and rights of the other patients.

Your family / support person will not be able to go into the Recovery room areas.

If you are having a Fluoroscopy procedure:

Take all your regular medications with a sip of water unless your doctor or nurse has told you otherwise.

Where do I need to go?

You will need to go to the Radiology department, located on Level 2 Wellington Regional Hospital.

Security / Valuables

Apart from bringing your glasses, we recommend that any valuables are left at home e.g. valuable jewellery or large amounts of money. Please be aware that all items are brought into hospital at your own risk. We are unable to take responsibility for any of your belongings or valuables. Do not leave any valuables unattended.

[continued]

Smoking

Wellington Hospital is a smoke free site, which means that there is no smoking within the hospital grounds at any time.

If you would like help to stop smoking or to reduce the amount that you smoke, contact Quitline on 0800 778 778 or ask your nurse / doctor.

Parking

Limited parking is available in the Wellington hospital underground car park accessed from Riddiford Street. Parking charges apply.

Free parking may be found on streets around the hospital.

What should I do if I feel unwell afterwards?

If you feel unwell after the procedure /Injection:

During office hours of Monday to Friday (8am - 5pm). Please contact the Pain Management Service.

Out of hours, on weekends or Public Holidays Please contact your doctor or nearest after-hours medical centre.

I still have some questions

If you have any questions about the Procedure / Injection, or about the information you have just read, the nursing staff or your doctor who will be more than happy to answer them.

Contact us

Pain Management Service

Phone: (04) 385 5344

Hours: 8am-4.30pm, Monday to Friday

Afterhours medical centres:

- **Kenepuru Hospital Accident and Medical**
Open 24 hours a day.
Phone (04) 918 2300
- **Paraparaumu Team Medical Coastlands shopping centre**
Open 8am – 10pm daily.
Phone (04) 298 2228
- **Waikanae Medical Centre**
Open Monday – Thursday 7pm – 8am and Friday 5pm – 8pm or anytime weekends and public holidays. Phone (04) 293 6002
- **Accident and Urgent Medical Centre Wellington**
Open 8am – 11pm daily.
Phone (04) 384 4944

If you are unsure if you need to visit your GP or Afterhours medical centre you may wish to call **Health Line** for free advice. Open 24 hours a day. Phone 0800 611 116