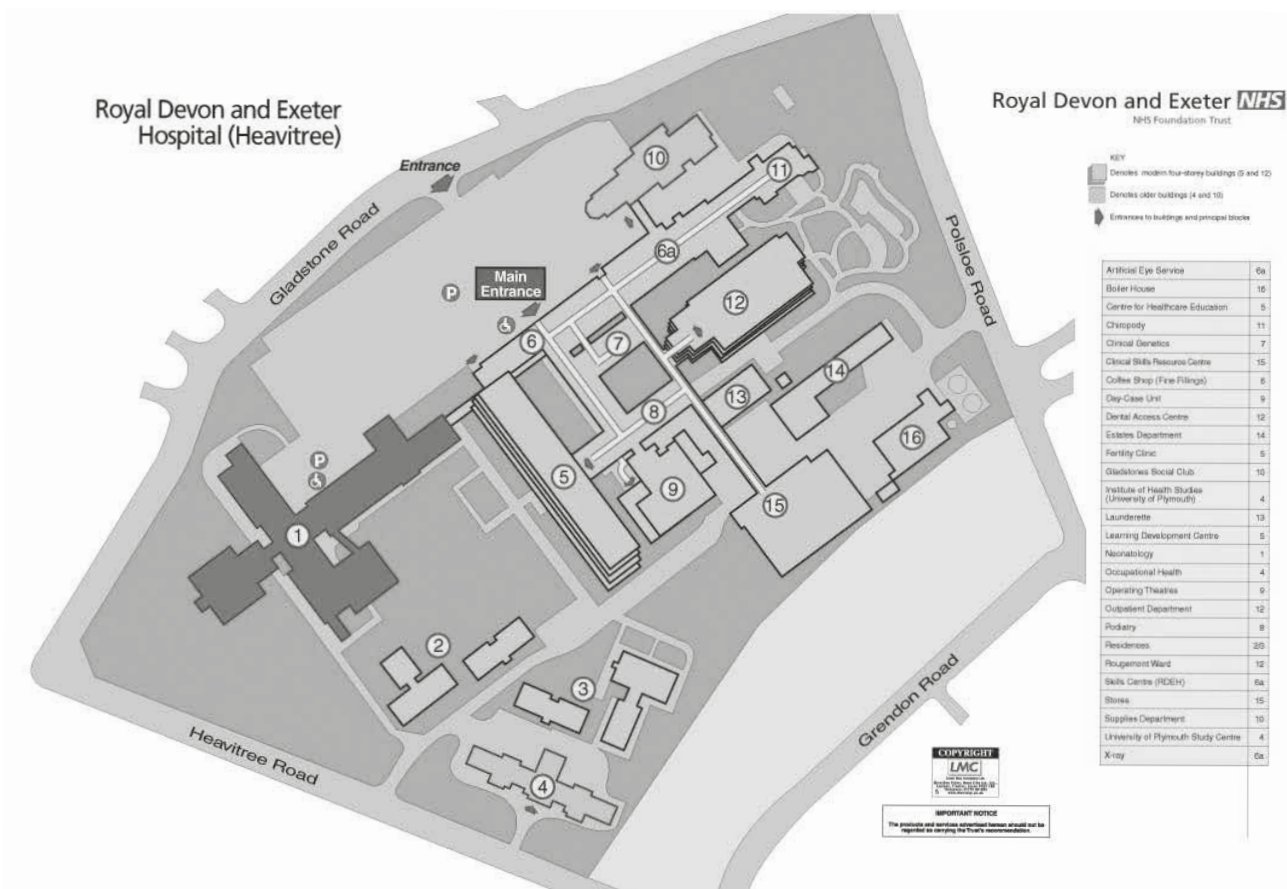


Attending for a Pain Clinic Day Case Procedure

Map of Heavitree Hospital

The Pain Management Clinic and Physiotherapy department is located on the lower ground level, area 5.



Welcome from the Pain Procedures Team

Your pain procedure will take place in the Pain Management Unit at Heavitree Hospital, Gladstone Road, Exeter EX1 2ED

The Pain Management Department can be found on the lower ground floor, area 5 on the map opposite. From the main entrance follow the corridor opposite the entrance, sign posted for the physiotherapy and pain management clinic. At the end of the corridor walk down 1 flight of stairs and the entrance will be seen opposite. There is a lift available, located down the corridor on the left prior to the staircase.

On arrival, please report to the reception area and you will be directed to the appropriate area.

General information before you arrive

The appointment you have received for a procedure with the pain consultant takes place at the address shown on page 1 (map also provided).

Unlike an outpatient appointment in clinic, there will be several other patients arriving for treatment at the same time. This is so that we can prepare you all for your procedures in advance. This includes you seeing the doctor, giving your consent for the procedure and completing admission forms with a nurse.

We have a staggered admission system, but there may be an interval between these preparations and your procedure (this may be several hours), so please ensure you have a book or something similar to keep you occupied.

Please bring with you:

- Any tablets (medication) you are taking.
- Information about any allergies you may have.
- Dressing gown and slippers.
- Name and phone number of relative or friend collecting you after your procedure.

Please DO NOT bring anything valuable with you - the Hospital accepts no responsibility for loss of property.

You must inform the Pain Clinic Team if you think you may be pregnant as x-rays and certain drugs should be avoided in pregnancy. Please contact the **Pain Clinic secretary** on **01392 405030** before you come in for your procedure.

The Hospital operates a Pay prior to leaving system and parking is limited, so please allow plenty of time to find a space. Remember to bring with you some loose change for the meter.

Smoking is not allowed anywhere in the Hospital.

Food, drink and medication

The majority of our procedures will be done under local anaesthesia and therefore you can eat and drink normally.

If you have arranged to have your procedure under sedation with your doctor, you will need to withhold food and milk for 6 hours prior to the procedure. You may drink clear fluids, black tea/coffee up to 2 hours prior to the procedure. Please take your tablets (including pain killers) at the normal times. If you take Warfarin or any other blood thinner, you may have been told to withhold the medication several days before the procedure. If you are unwell or concerned about your medication, please contact the **Pain Clinic secretary** for specific advice on **01392 405030** before your appointment.

Hot and cold drinks and biscuits will be provided for you after your procedure. There is a café at the main entrance of the hospital for relatives and friends.

Your procedure

This will be carried out in an operating theatre environment so you will be asked to change into a hospital gown (a dressing gown and slippers may make your wait more comfortable). You will then be taken into the treatment room, accompanied by nursing staff and the doctor, ensuring your comfort and safety at all times. Your co-operation may be needed during the procedure to help the doctor identify the area for treatment. If you are having sedation, the doctor will need to access a vein via a small plastic tube (cannula) in the back of your hand.

Afterwards there will be a period of rest in the post procedure room, where observation of the area treated will be made and your pulse and blood pressure monitored. Biscuits and a drink will then be offered to you. Once you are fit for discharge you will be able to go home with your carer (see over page), approximately an hour after your procedure.

Going Home

Certain Pain Clinic procedures could temporarily affect your co-ordination and logical thinking, as may sedative drugs you may be given, so it is essential that you be taken home by car (not public transport). A friend or relative **must** collect you directly from the Unit and accompany you home and remain with you overnight if you have had sedation.

- Do not drink alcohol for 24 hours.
- Do not drive or operate machinery (including cookers and kettles) for 24 hours post-procedure.
- Do not make important decisions or sign documents for 24 hours.
- Remember you will need to take time off work the next day. Sedation may remain in the body for at least 24 hours.

The Pain Clinic Team will give you specific advice relating to your procedure. You may receive a pain intervention form to complete after discharge; this will help monitor your condition and assist the doctor in deciding further treatment if necessary.

Following discharge, if you have any worries or would like advice, please contact the **Pain Clinic Office** on **01392 405030** - an answerphone operates out-of-hours.

If you need urgent medical assistance out of office hours, contact your own GP as soon as possible.

This information can be offered in other formats on request, including a language other than English and Braille.

RD&E (Eastern Services) main switchboard: 01392 411611 NDDH (Northern Services) main switchboard: 01271 322577

For Royal Devon services log on to: <https://royaldevon.nhs.uk>

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