





**\*ALL EXAMINATIONS\*** Please bring your Health Care card and another piece of identification with this form.

If you have any questions about your exam, exam preparation, or need to change, or cancel your appointment, please contact Central Booking.

Patients who miss their appointment and fail to cancel 24 hours prior to their exam may be charged a \$25.00 fee.

**\*For all examinations (except ultrasound): If there is any chance of pregnancy, the exam should be postponed until the start of menses or within the 10 days thereafter.**

## Pain Management

- ☐ Please arrive 15-20 minutes prior to your appointment time.
- ☐ Reduce any pain medication the day of your appointment. You should be in enough discomfort (but not extreme) so you are able to determine if the pain has been relieved immediately following your injection.
- ☐ If you are on blood thinner medications, you may need to discontinue them prior to your appointment. Please inform us of any blood thinning medication you are taking when booking your appointment.
- ☐ Take all other medications, as prescribed by your practitioner. Bring a list of the medications you are taking.
- ☐ Bring a list of medications you are allergic to.
- ☐ You cannot have an active infection or be on treatment for an active infection on the day of your exam.
- ☐ MIC provides cortisone at no charge to patients. Viscosupplementation is available from MIC at cost. Platelet-Rich Plasma has a fee for service.
- ☐ If applicable, bring any joint medication (e.g. Synvisc, Cingal, etc.) you have purchased for this procedure. These products are not supplied by MIC.
- ☐ Once the procedure is completed, a technologist will ask that you wait for 20 minutes so we can re-evaluate your pain level before you leave.
- ☐ **A driver is required for the following:**
  1. When you are having a Nerve Root Block, Epidural Injection, MBB or RFA.
  2. When you are having more than one site injected on the same day.
- ☐ Serious complications are very rare, but can happen. It is normal to have some increased pain the day of or the day after your injection. However, if the pain worsens day after day, or you experience fever/chills or any other signs of infection, or develop new numbness in your limbs the day after your injection, contact your practitioner immediately.
- ☐ Please do not bring children who require supervision, as we are unable to look after them.

### Patients having **ACHILLES PROCEDURE:**

1. You will need to be non-weight bearing after the procedure.
2. You will require a walking boot for 2 weeks after the procedure. Patient to bring a walking boot to their appointment.

### Locations – Hours of operation vary by examination Extended Hours available for X-ray

**Edmonton**  
 **Century Park**  
201-2377 111 ST NW  
Fax: 780.461.8524  
**Gateway Clinic**  
107-6925 Gateway Blvd NW  
Fax: 1.866.815.1715

**Hys Medical Centre**  
202-11010 101 ST NW  
Fax: 780.424.7780  
 **Tawa Centre**  
200-3017 66 ST NW  
Fax: 780.461.7527

**Terra Losa**  
9566 170 ST NW  
Fax: 1.877.543.8044  
 **Windermere**  
201-6103 Currents DRNW  
Fax: 1.888.442.2136

**Sherwood Park**  
**Synergy Wellness Centre**  
109-501 Bethel DR  
Fax: 780.392.1268

**St. Albert**  
 **Summit Centre**  
102-200 Boudreau RD  
Fax: 780.459.2376