



East Kent
Hospitals University
NHS Foundation Trust

Advice and information about your pain procedure: The Kent Centre for Pain Medicine and Neuromodulation

Information for patients

This leaflet has been written to help you prepare for your procedure at the Pain Clinic. The procedure will take place in Day Surgery. Please read the following information carefully **before** you come for your procedure.

Will I have a pre-assessment appointment?

We do not routinely pre-assess everyone. Your consultant may decide that you need a pre-assessment telephone call. If so, we will make you a telephone appointment. We will send you a letter with the date and time of this appointment, along with the date for your procedure. **It is important that you take the call. If you do not, your procedure will be cancelled.**

What happens on the day of my procedure?

You may need sedation for your procedure, so you must follow the instructions below. Some procedures do not need sedation. But it is still important to follow these instructions.

It may be necessary for you to change into a theatre gown. Bring a dressing gown and slippers / footwear, and a book, magazine, or something to occupy you.

Can I eat and drink before my procedure?

- Please do not eat anything for 6 hours before your procedure.
- You may drink clear fluids, such as water, black tea / coffee, or chew gum for up to 2 hours before your procedure.
- Please do not have milk, sugar, or fruit juice.

Should I take my usual medication before my procedure?

- Do not stop taking any medications, unless your consultant or pre-assessment nurse asks you to. This includes painkillers. If you need to take any medications during your stay, please bring them with you to hospital.
- If you take or use the following, please bring them with you to hospital. Tell the nurse when you arrive at hospital.
 - Insulin or any other diabetic medication.
 - A GTN spray or inhaler.
- It is important that you bring a list of all your medications with you.

What happens when I arrive at Day Surgery?

On arrival at Day Surgery, please report to the receptionist.

A nurse will take your blood pressure and pulse, and ask you some questions. Please bring the contact number of a relative / friend, in case we need to contact them in an emergency.

The consultant will also see you before your procedure. They will answer any further questions you may have.

What happens after my procedure?

You must arrange for a responsible adult to collect you and take you home after your procedure. You will need to travel in a car or taxi, **not** by public transport.

When can I drive after my procedure?

If you have had sedation, you must not drive for 24 hours after your procedure. Even if you have not had sedation, you must not drive until you have been told otherwise by your consultant.

What should I do when I return home?

For some procedures we advise you not to be alone for the first 24 hours afterwards. This is more important if you have had sedation.

If you live alone, arrange for a responsible adult to be with you for the first 24 hours. Or, arrange for someone who lives close by to be available if you need them.

When can I return to work?

Be prepared to take the next day off work, depending on how you feel.

What if I need to cancel my appointment?

If you need to cancel your appointment, please ring the Pain Clinic or waiting list co-ordinator as soon as possible. Their numbers are listed below. Please give at least 48 hours' notice to enable us to offer your appointment to another patient. If you need to cancel or change your appointment more than once, we will not be able to offer you a further appointment.

If you do not come to your appointment and do not cancel it beforehand, you will be discharged from the Pain Clinic.

Further information

If you have any concerns about the information in this leaflet or your procedure, please phone the Pain Clinic.

Kent Centre for Pain Medicine and Neuromodulation (direct lines)

- Waiting List Co-ordinator
Telephone: 01233 616191
Telephone: 01843 234468
- Kent and Canterbury Hospital, Canterbury
Telephone: 01227 783049
- Queen Elizabeth the Queen Mother (QEQM) Hospital, Margate
Telephone: 01843 235094
- William Harvey Hospital, Ashford
Telephone: 01233 616691

Useful information

For further information on chronic pain and its treatment options, please go to the East Kent Hospitals Chronic Pain web page. (<https://www.ekhft.nhs.uk/services/pain-services/>)

[Website last accessed 14 January 2026]

What do you think of this leaflet?

We welcome feedback, whether positive or negative, as it helps us to improve our care and services.

If you would like to give us feedback about this leaflet, please fill in our short online survey. Either scan the QR code below, or use the web link. We do not record your personal information, unless you provide contact details and would like to talk to us some more.

Giving feedback about this leaflet



<https://www.smartsurvey.co.uk/s/MDOB4>

If you would rather talk to someone instead of filling in a survey, please call the Patient Voice Team.

- **Patient Voice Team**

Telephone: 01227 868605

Email (ekhuf.t.patientvoice@nhs.net)

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuf.t.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuf.t.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuf.t.nhs.uk/patient-information>).

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