



East Kent
Hospitals University
NHS Foundation Trust

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

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 preassessment appointment?

We do not routinely preassess everyone. However, if your consultant thinks that you need a preassessment telephone call, a telephone appointment will be made for you. You will be told by letter the date and time of your 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 must follow the instructions below, as you may be sedated for your procedure. Some procedures may be done without sedation but it is still important to follow these instructions.

It may be necessary for you to get changed in to 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 six hours before your procedure. You may drink clear fluids, such as water, black tea/coffee, or chew gum for up to two hours before your procedure. Please do not take milk, sugar, or fruit juice.

Should I take my usual medication before my procedure?

- Do not stop taking any medications including painkillers, unless you have been asked to do so by your consultant or preassessment nurse. If you need to take any medications during your stay, please bring them with you to hospital.
- If you take insulin or any other diabetic medication, or if you have a GTN spray or inhaler, please make sure you bring these with you and tell the nurse when you arrive.
- 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 and 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 (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 certain procedures we advise you not to be alone for the first 24 hours afterwards, especially if you have had sedation. If you live alone, you should arrange for a responsible adult to be with you, or arrange that you can contact someone who lives close by if needed.

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 on the number listed on the following page. 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 regarding 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 or
Telephone: 01843 234468
- Kent and Canterbury Hospital, Canterbury
Telephone: 01227 783049
- Queen Elizabeth the Queen Mother Hospital, Margate
Telephone: 01843 235094
- William Harvey Hospital, Ashford
Telephone: 01233 61 66 91

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.ekhuft.nhs.uk/services/pain-services/>)

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.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.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.ekhuft.nhs.uk/patient-information>).

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