

## PAIN MANAGEMENT AND ANESTHESIOLOGY OF NJ

You are scheduled for \_\_\_\_\_ on  
\_\_\_\_\_ at \_\_\_\_\_ with Dr. M. Solomonov.

- Please be at the PMAOFNJ ½ hour prior to your scheduled procedure time. Please call the office at least 24 hours prior to your procedure if you need to cancel, otherwise a \$50 cancellation fee will be charged.

Instructions to follow prior to the procedure: please read completely.

1. Take nothing by mouth after midnight, the night before your procedure. No gum, candy, food, liquids, not even WATER. If your procedure is scheduled in the afternoon, you may have breakfast 8 hours prior to the procedure.
2. You MAY take prescription medicines with small sips of water.  
\*Diabetic patients: DO NOT TAKE ANY INSULIN PRIOR TO COMING TO THE CLINIC. PLEASE BRING YOUR INSULIN AND TESTING SUPPLIES WITH YOU.  
\*Asthma patients: PLEASE BRING YOUR INHALER(S)
3. You MAY brush your teeth and rinse your mouth without swallowing any water the morning of your procedure.
4. Leave your valuables and jewelry at home. Please bring your glasses with you, if you need them to read.
5. You MUST have a responsible person drive you to the clinic and back home. Your procedure will be cancelled if you do not have a driver.
6. To maintain cleanliness of the injection site, please bathe or shower the night before or morning of the procedure.
7. Wear loose fitting, comfortable clothing that can be easily folded for storage.
8. If you are taking any “blood thinners” (Coumadin, Levonox, Plavix, Ticlid, etc.) make sure the doctor is aware. These medications will need to be discontinued for several days prior to your procedure and blood work may need to be drawn.
9. If you are NOT HAVING any type of sedation or Anesthesia, you can eat normally the day of the procedure. Please notify the staff if you prefer not to have sedation.
10. Call **PMA OF NJ** at **(973)-998-7868** with any questions you may have.