



PROCEDURE DAY CHECKLIST

Before Your Procedure (Checklist)

- ☐ Confirm your appointment time and clinic location
- ☐ Bring your health card + photo ID
- ☐ Bring a list of your medications
- ☐ Tell us if you take blood thinners (e.g., warfarin, apixaban, rivaroxaban, clopidogrel)
- ☐ Tell us if you have diabetes (steroid injections can raise blood sugar)
- ☐ Tell us if you are pregnant or could be pregnant
- ☐ Arrange a ride home if you were told you may not be able to drive (for epidural injections in the spine)
- ☐ Eat and drink as instructed by the clinic (follow your booking instructions)
- ☐ Wear comfortable clothes

After Your Procedure (Checklist)

- ☐ Rest the treated area for the remainder of the day
- ☐ Use ice if sore (10–15 minutes at a time)
- ☐ Avoid heavy lifting or intense exercise for 24–48 hours (unless advised otherwise)
- ☐ Keep the injection site clean and dry as instructed- you may shower afterwards.
- ☐ Watch for red flags (see below)
- ☐ Fill out your pain diary (if provided)

Our website (premierpain.ca) has useful information as well under 'resources'.

Call us or seek medical care urgently if you have

- fever, chills, or feeling very unwell
- increasing redness, warmth, swelling, or pus at the injection site
- severe headache that is worse when sitting/standing (if spine injection)
- new weakness, numbness, loss of bowel/bladder control
- trouble breathing, swelling of lips/face, or severe rash

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