



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

info@premierpain.ca

647-477-7050

