



INTRASPINAL DRUG TRIAL

<i>What is it?</i>	A Spinal drug trial is an injection of a medication into the spine to determine if the medication will relieve symptoms associated with your pain syndrome or spastic condition (certain muscles are continuously contracted). This is primarily done if conservative treatment has failed or is causing intolerable side effects. The exact medication will be chosen by your doctor as it relates to your condition. Usually, spinal drug trials will be repeated at several weeks to be certain the medication is effective.
<i>Why is it done?</i>	A spinal injection of Baclofen is used to determine the effectiveness of this medication in treatment of conditions including multiple sclerosis, dystonia (involuntary muscle contractions) and stoke. A spinal injection of Clonidine is used to determine the effectiveness of this medication in neuropathic (nerve) pain syndromes. Such syndromes include complex regional pain syndromes and neuropathies (pain resulting from damage to the nervous system). A spinal injection of Dilaudid is used to determine the effectiveness of this medication in chronic and refractory pain syndromes (pain that is resistant to ordinary treatment). A good response to any of these medications would indicate that you may be a candidate for a permanent implanted spinal infusion system (delivers continuous doses of medication).
<i>How is it done?</i>	An intravenous (IV) catheter (tube) will be inserted in your arm. When you are in the procedure room you be placed in a sitting or lying position on a stretcher. A small needle is used to inject a local anesthetic (numbing medication) to numb the skin. This may sting a little. Then a small needle will be placed into your lower back and the medicine will be injected into your spine. The needle will be removed and a small band aid will be applied. After the procedure you will be observed in the recovery room.
<i>Is there any preparation?</i>	Due to the number of hours you are required to stay after the procedure, <u>we ask you to bring all your medications in the original containers that you may require.</u> You may also want to bring a friend, a book or some activity to occupy the time. YOU MUST NOT EAT OR DRINK ANYTHING <u>4</u> hours before your procedure.
<i>What to wear?</i>	Please wear loose, comfortable clothing. Please leave all jewelry and other valuables at home.
<i>How long does it take?</i>	We ask that you arrive 30-45 minutes before the scheduled time of your procedure. The procedure lasts about 10 minutes. If you received Dilaudid you are required you to stay in the recovery area for <u>at least 10 hours</u> (this is not a misprint). If you have received Baclofen or Clonidine your stay is usually a minimum of 2 to 4 hours.
<i>What are the possible side effects of steroid medication?</i>	<ul style="list-style-type: none"> * Difficulty breathing or excessive drowsiness. Fluids and or other medications can be given through the intravenous line to help this problem. * A drop in your blood pressure. Fluids and or other medications can be given through the intravenous line to help this problem. * Pain in the area where the needle(s) was inserted, this can last for two to three days. This can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol. * An allergic reaction to the medication. * Temporary numbness or weakness in one or both legs. This is normal. You should have assistance with walking and should not drive for 24 hours. * Bleeding in the injection area * Infection in the injection area * Increased pain * Nerve damage, paralysis, stroke and even death.

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PLEASE SEE THE BACK FOR YOUR INSTRUCTIONS

Instructions Regarding Your Procedure
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Will I receive a pre-procedure phone call?	A nurse from our office will call you 24-48 hours prior to your procedure. She will ask you a few important medical questions, AND she will confirm your appointment. We must have <u>a verbal confirmation from you 24-48 hours prior to your procedure.</u> Failure to return our call could result in your procedure being rescheduled.
Where can I obtain more procedure information?	Please visit our website www.nyspineandwellness.com . It contains demonstrations of some of the procedures we offer. We also have other helpful information.
Can I drive home from the procedure?	<input type="checkbox"/> You MUST have a ride home, and your driver should remain on site. You must not drive or operate heavy machinery for 24 hours.
Can I eat breakfast or lunch?	<input type="checkbox"/> No, <u>DO NOT EAT OR DRINK</u> for 4 hours before your procedure. However, you may take your medicine but only with a <u>small sip of water.</u>
Should I stop taking aspirin?	If you take ASPIRIN or products containing ASPIRIN in doses greater than 325 mg/per day, you must stop taking it 7 days prior to your procedure (examples of ASPIRIN-containing products include but are not limited to: EXCEDRIN, FIORINAL, AND ALKA SELTZER, etc).
Can I take the aspirin prescribed for <u>cardiac</u> and or <u>stroke</u> prevention?	<input type="checkbox"/> Yes, however you need to <u>limit the daily dose to 81 mgs per day</u> for the 7 days prior to the day of the procedure. <i>(not applicable for caudals).</i>
Can I take my blood thinner? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Our provider has advised you on the number of days to hold the blood thinner you take. <input type="checkbox"/> Our provider will have to contact the Doctor who has prescribed the blood thinner for you to learn how long it is safe for you to be off the medicine prior to your procedure. One of our nurses will call you when we have obtained that information.
Can I take my other medications? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Yes, except for blood thinners. <input type="checkbox"/> Yes, only with a <u>small sip of water,(you must not take your blood thinner)</u>
What time is my procedure?	You will receive a phone call one or two business days prior to your procedure to remind you of the time you should arrive for your procedure (usually 30-40 minutes prior to the scheduled time) and the location. PLEASE BE ON TIME. <i>*some patients may receive a call to confirm insurance information.</i>
How long will it take?	We ask that you plan <u>1½ -6 hours</u> from the time you arrive at the center to the time you are discharged. Please understand that circumstances sometimes arise that are out of our control, which cause a longer delay. Please plan accordingly.
What do I bring?	You must bring the following <u>each time</u> you have this procedure: 1. Your current insurance information 2. All your current medications in <u>their original containers.</u> 3 A written list of all medications <u>including strength and frequency.</u> Please include over the counter medication, vitamins and herbal supplements.
What shall I wear?	Please wear comfortable loose fitting clothing.
Can I wear jewelry?	No. Please leave all jewelry and other valuables at home. We are unable to store them safely. Any body- piercing jewelry must be completely removed, as this may interfere with the x-ray machine.
What do I do if I am ill or have to cancel?	Please call the office 24 hours in advance if you are unable to keep your appointment. (315) 552-6700. We do charge patients for no shows.