

# Pain Management Requisition

**Central Booking**  
780-669-2222

**Toll Free**  
1-866-771-9446

**Fax**  
780-930-1593

**Toll Free Fax**  
1-855-930-1593

To cancel or rebook your appointment, please call Central Booking: Mon-Fri: 8AM-8PM, Sat-Sun: 9AM-4PM

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ M ☐ F ☐  
Insurance: \_\_\_\_\_ W.C.B.( ) Other: \_\_\_\_\_

## Appointment Details:

Date: \_\_\_\_\_  
Time: \_\_\_\_\_  
Location: \_\_\_\_\_

1 ☐ Single injection ☐ Series injection Number of injections (up to 4 per year) \_\_\_\_\_ MD Initials \_\_\_\_\_

## 2 Injection Site

### Shoulder

☐ Subacromial Bursa R ☐ L ☐  
☐ Glenohumeral Joint R ☐ L ☐  
☐ Acromioclavicular Joint R ☐ L ☐  
☐ Biceps Tendon (long head) R ☐ L ☐  
☐ Barbotage R ☐ L ☐

### Elbow

☐ Elbow Joint R ☐ L ☐  
☐ Lateral Epicondylitis R ☐ L ☐  
☐ Medial Epicondylitis R ☐ L ☐  
☐ Olecranon Bursa R ☐ L ☐

### Wrist/Hand

☐ Radiocarpal Joint R ☐ L ☐  
☐ 1st CMC Joint R ☐ L ☐  
☐ Trigger Finger R ☐ L ☐  
☐ De Quervain's Tenosynovitis R ☐ L ☐  
☐ Ganglion Cyst Aspiration R ☐ L ☐  
☐ Carpal Tunnel R ☐ L ☐  
Specify: \_\_\_\_\_

### Knee

☐ Knee Joint R ☐ L ☐  
☐ Pes Anserine Bursa R ☐ L ☐  
☐ Baker Cyst Aspiration R ☐ L ☐  
☐ Specify: \_\_\_\_\_  
☐ TMJ R ☐ L ☐  
☐ Greater Occipital Nerve R ☐ L ☐  
☐ Other \_\_\_\_\_

### Hip/Pelvis

☐ Hip Joint R ☐ L ☐  
☐ SI Joint R ☐ L ☐  
☐ Greater Trochanteric Bursa R ☐ L ☐  
☐ Iliopsoas Bursa R ☐ L ☐  
☐ Ischial Bursa R ☐ L ☐  
☐ Piriformis Syndrome R ☐ L ☐  
☐ Sacral Transverse Joint R ☐ L ☐  
☐ Sacroccocygeal Joint  
☐ Ganglion Impar  
☐ Pubic Symphysis

### Ankle/Foot

☐ Tibiotalar Joint R ☐ L ☐  
☐ Subtalar Joint R ☐ L ☐  
☐ Talonavicular Joint R ☐ L ☐  
☐ Calcaneocuboid Joint R ☐ L ☐  
☐ 1st MTP Joint R ☐ L ☐  
☐ Retrocalcaneal Bursa R ☐ L ☐  
☐ Plantar Fasciitis R ☐ L ☐  
☐ Morton's Neuroma R ☐ L ☐

☐ Specify: \_\_\_\_\_

**Steroid  
injection  
performed  
unless  
otherwise  
indicated**

☐ Viscosupplementation  
(Hyaluronic acid/Synvisc - large  
joints/Durolane SJ - small joints)

\*Can be supplied by Insight with a  
prescription (Fees applicable)

## Spinal Procedures

☐ Facets ☐ Nerve Root Block  
☐ Medial Branch Block ☐ Sympathetic Block  
☐ Radiofrequency Ablation ☐ Synovial Cyst Rupture

### Cervical

R ☐ C2/C3 ☐ L ☐ C2 ☐  
☐ C3/C4 ☐ ☐ C3 ☐  
☐ C4/C5 ☐ ☐ C4 ☐  
☐ C5/C6 ☐ ☐ C5 ☐  
☐ C6/C7 ☐ ☐ C6 ☐  
☐ C7/T1 ☐ ☐ C7 ☐  
☐ C8 ☐

### Thoracic

\*Facets Only  
R ☐ T1/T2 ☐ L ☐ T7/T8 ☐  
☐ T2/T3 ☐ ☐ T8/T9 ☐  
☐ T3/T4 ☐ ☐ T9/T10 ☐  
☐ T4/T5 ☐ ☐ T10/T11 ☐  
☐ T5/T6 ☐ ☐ T11/T12 ☐  
☐ T6/T7 ☐ ☐ T12/L1 ☐

### Lumbar

R ☐ L1/L2 ☐ L ☐ L1 ☐  
☐ L2/L3 ☐ ☐ L2 ☐  
☐ L3/L4 ☐ ☐ L3 ☐  
☐ L4/L5 ☐ ☐ L4 ☐  
☐ L5/S1 ☐ ☐ L5 ☐  
☐ S1 ☐

Lumbar Epidural ☐ Interlaminar ☐ Caudal

Cervical Epidural ☐ Interlaminar

## 3 Allergies and Medication

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 4 Relevant History

Pregnant? ☐ Yes ☐ No LMP: \_\_\_\_\_ Diabetic ☐ Yes ☐ No

## 5 Referring Physician's Information

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician's Stamp  
& Practice ID

REV 01/2021

☐ **URGENT FAX REPORT** (until 4 pm, M-F)

☐ Copy To: Name: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Fax: \_\_\_\_\_

## FREE PARKING AT ALL SITES

### \*\* ALL EXAMINATIONS \*\*

**Remember to bring the Imaging Requisition plus your Alberta Health Card and photo ID. If you are unable to keep your appointment, please phone 780-669-2222 to reschedule it (There is no facility to look after small children.)**

### Patient Instructions

- Continue all medications and your usual diet both before and after the procedure.
- If you have an active infection your procedure will have to be rescheduled and you must notify our office (780-669-2222).
- If you are having Synvisc or Durolane SJ injected, please check with our Central Booking department for the cost of our Synvisc or Durolane SJ versus pharmacy. Cortisone and other medications are supplied by Insight.
- Please be advised, depending on your procedure, you may require a driver. When scheduling your appointment our Patient Care Coordinator will provide you with further instructions.
- Joint injections may take up to 30 minutes or longer to perform, depending on the injection site.
- You will be required to stay in the clinic for 15 minutes after the procedure to monitor your response to the injection.
- You should refrain from strenuous activity for at least a day after the injection. Also avoid hot tubs, swimming pools or prolonged bathing for the next 24 hours.
- You should also keep a record of your pain level on the accompanying pain diary (located on the right).

### Patient Diary

Please record the following information as accurately as possible. This will help your doctor determine how successful the treatment was.

#### PAIN RECORD

0	1	2	3	4	5	6	7	8	9	10
No Pain										Worst Imaginable

Site Injected: \_\_\_\_\_

Injection Date: \_\_\_\_\_

Injection Time: \_\_\_\_\_

#### PRE-INJECTION PAIN SCORE

Record your pain score at each of the following times below after your injection.

##### 10 Minutes:

Time: \_\_\_\_\_

Score: \_\_\_\_\_

##### Day 2:

Time: \_\_\_\_\_

Score: \_\_\_\_\_

##### 2 Hours:

Time: \_\_\_\_\_

Score: \_\_\_\_\_

##### Day 3:

Time: \_\_\_\_\_

Score: \_\_\_\_\_

##### Day 1:

Time: \_\_\_\_\_

Score: \_\_\_\_\_

##### Day 7:

Time: \_\_\_\_\_

Score: \_\_\_\_\_

- If necessary, pain medication such as Tylenol or Advil can be used for discomfort after the injection (if you have no contraindications to these medications).
- Serious complications after joint injections are rare, but can occur. If you experience worsening pain over the next several days, fever and chills, other signs of infection or new numbness please contact your doctor or proceed to an emergency department.

### PAIN MANAGEMENT LOCATIONS

#### Oliver Square

11560 - 104 Avenue T5K 2S5  
Ph: 780-486-8102 | F: 780-638-6241

#### Heritage South

2049 - 111 Street NW T6J 4V9  
Ph: 780-438-0547 | F: 780-438-9211

#### Spruce Grove

107, 505 Queen Street T7X 2V2  
Ph: 780-962-0297 | F: 780-962-8084

#### Meadowlark

216 Meadowlark Shopping Centre  
156 Street - 89 Avenue T5R 5W9  
Ph: 780-489-8430 | F: 780-481-6630

#### Millwoods

Main Street Mall  
6466 - 28 Avenue NW T6L 6N3  
Ph: 780-486-8103 | F: 780-638-6532

#### Castledowns

15309 Castle Downs Road T5X 6C3  
Ph: 780-457-4070 | F: 780-456-1250

#### Leduc

5307 - 50 Avenue T9E 6T2  
Ph: 780-486-8104 | F: 780-638-6533

#### Hermitage North

12779 - 50 Street T5A 4L8  
Ph: 780-475-1866 | F: 780-478-0858

#### Sherwood Park

136 Athabasca Avenue T8A 4E3  
NE corner of Athabasca and Chippewa  
Ph: 780-464-1515 | F: 780-464-1216



Please phone 780-669-2222 to schedule your appointment

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