

Applied Pain Institute <sup>LLC</sup>  
1015 S. Mercer Avenue  
Bloomington, IL 61701

Phone 309-662-0088  
Call here to cancel or reschedule

Fax 309-662-0089

Procedure: \_\_\_\_\_

Day/Date: \_\_\_\_\_

Arrival Time: Call 664-0101 between 2 PM and 4 PM the day before your procedure  
(If scheduled for Monday, please call on Friday afternoon.) Tentative time: \_\_\_\_\_

Location: Ireland Grove Center for Surgery 309-664-0101  
3801 Ireland Grove Rd  
Bloomington, IL 61704 Let us know if you need directions

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Please follow these instructions:

**Before your injection:**

- Notify our office if you have a cold, temperature, or other signs of infection
- Notify our office if you are taking any blood thinners such as:  
Coumadin, Plavix, Pletal, Ticlid, Fragmin, Heparin, Aspirin (81 mg or 325 mg)  
These medicines must be held 5 days before your injection.  
Please talk with the nurse about whether managing with Lovenox is necessary.
- Notify our office if you are taking any anti-inflammatory medications such as:  
Ibuprofen, Aspirin, or other non-steroidal anti-inflammatory medicines

**The day of your injection:**

- Nothing to eat or drink eight hours before your scheduled arrival time
- Please take your insurance information (including any Worker's Compensation contact information) with you
- If you receive sedation you must plan to have a responsible driver take you home:
  - The driver does not need to arrive with you
  - The driver must be available by phone at any time during your procedure
  - The driver will be required to sign a responsibility statement when you leave

**After your injection:**

- Please call our office (309-662-0088) 10-14 days after your injection to let us know what percent of relief the injection provided
- If you feel you need to be seen before this follow up call, please contact our office