

# Fluoroscopic (RF) Discography Patient Instructions

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WEEKS or DAYS before your appointment:

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- **Preparation:** You must follow ALL INSTRUCTIONS in this letter. Your doctor has been notified of your appointment.

Ask your doctor right away about **BLOODWORK** you may need before your appointment, or **MEDICATIONS** you may need to change. **If not complete, you will be rebooked.**

- **Arrange transportation:** You must have an adult give you a ride to and from your appointment. They are welcome to stay for additional support.
- **Take your weight:** Contact Diagnostic Imaging at the number provided above if your weight is over 400lbs.
- **Arrange childcare:** For safety reasons, children cannot accompany you in procedure rooms and cannot be left unattended.
- **Know if you're pregnant:** If you're pregnant, consult with your doctor before proceeding with your appointment.
- **Consult your diabetes care provider:** If you're taking diabetes medications or using Insulin Pump Therapy, consult your diabetes care provider before your appointment. [www.ipumpit.ca](http://www.ipumpit.ca)

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1 DAY before your appointment:

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- Do not take any pain medication 24 hours before your appointment.

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HOURS before your appointment:

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## 2 Hours Before

- Stop eating and drinking. DO NOT chew gum. DO NOT eat candy.

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BRING to your appointment:

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- Current list of medications (prescription and over the counter).
- Any medication you may need during your appointment.
- Healthcare card.
- Picture identification.
- Eyeglasses, hearing aid(s), and mobility aid/device.
- Patients with diabetes - insulin and glucometer
- Green sleeve that includes your Goals of Care (GOC) Designation Order form if you have one.

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DO NOT bring:

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- Leave valuables at home, including jewelry or piercings.
- Limit the number of items you bring to your appointment.

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AT your appointment:

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- **Consent is required:** A legal representative (parent or alternate decision maker) must be available (in person or by telephone) to provide consent for all patients under the age of 18, or any patients that do not have the capacity to make health care decisions.
- You will be provided with a hospital gown to change into.
- You will receive an injection of local anesthetic (freezing) into the skin near the joint being imaged.
- In addition, a small amount of contrast will be injected into the joint. Contrast will make parts of your body more visible in images.
- Your appointment will take up to 4 hours.