



SUGGESTIONS

(How to be prepared for your visit to the pain specialist)

- 1) Have copies of medical records, including any MRI, C-scan, X-ray reports, lab reports, etc. available for your physician to review. Also be sure to have your insurance identification card and appropriate billing information.
- 2) Keep records and/or charts (Diary) that can document your pain, (i.e. when it occurs, what were you doing, etc). If you do not currently have a form to use, feel free to download the form we have provided – [DAILY HEALTH DIARY](#).
- 3) Have a list of current medications and how they benefit you. List past medications and allergies. Be certain to list all herbal products that you take and all over-the-counter products. [Medication Information Form](#).
- 4) Have complete knowledge of your pain history and treatments received. [Pain Assessment Form](#) and/or [Assessment for Fibromyalgia](#).
- 5) Be honest and communicate openly with your physician. Do not give misleading or incomplete information. You do not wish to cause distrust.
- 6) Be open-minded and have a positive attitude. Be willing to participate in the treatment plan that will be designed for you.
- 7) Do not expect a miracle cure or magic bullet. It is your responsibility to follow the plan of treatment and any contract agreement.
- 8) Be considerate. Out of courtesy to the physician and other patients, please DO NOT forget to notify of cancellation.

We have made available some forms for you to download and complete in advance of your visit to the pain specialist. Having this information available in advance can be very beneficial for both you and your physician's office. They will require that you complete their standard forms, but if you have all of the information written down prior to your visit, it will save you time and eliminate the possibility of forgetting some information.