

SPINE AND PAIN CENTERS

DATE _____ TIME - **YOU SHOULD CALL THE FACILITY THE DAY BEFORE
BETWEEN 2PM-4PM FOR YOUR APPOINTMENT TIME**

_____ Monmouth Medical Center _____ Shrewsbury Surgical Center _____ Metropolitan Surgical Center
 _____ Toms River Surgical Center _____ University SC _____ Physician's Surgical Center
 _____ Neptune Surgical Center _____ Cedar Knolls Surgical Center _____ Riverview Medical Center
 Addresses and Phone Numbers, SEE BACK

PRE-PROCEDURE PATIENT INSTRUCTIONS

1. **DO NOT** eat anything at least 6 hours before your block. Come with an empty stomach. **Please do not chew gum or suck on any candy.**
It is okay to drink clear liquids only up to 4 hours before your block (WATER, APPLE JUICE, OR GINGER ALE). **Please, no tea or coffee (regular or decaf).**
2. **DO NOT** take any aspirin, aspirin-containing medication for pain, and St. John's Wort or Lodine 7 days prior to your block. Vitamin E, Motrin, Advil, Aleve, Celebrex, Indocin, Naprosyn or similar pain medications should be stopped at least 72 hours prior to the block. If you are not sure, please feel free to ask us or call your local pharmacist. If you are taking aspirin for reasons other than pain, discuss this with your primary care doctor before you stop taking this medication. Acetaminophen is acceptable. Tylenol, Datril, and Panadol are some brand names of acetaminophen. Check with your pharmacist if you are not sure.
3. **If you have any bleeding problems or are on blood thinners (such as COUMADIN or HEPARIN, PLAVIX) let us know now. You will need to consult your internist and coordinate a plan of care.**
4. If you are a **DIABETIC**, you need to let us know and we will schedule your procedure early in the morning. Take 1/3 of your long acting insulin the morning of your procedure only. Do not take any oral diabetic medications.
5. **IF YOU ARE PREGNANT OR TRYING TO GET PREGNANT YOU MUST INFORM THE DOCTOR IMMEDIATELY.**
6. Continue to take any other medications (such as blood pressure pills, seizure medications, asthma medication, etc.) as you usually do up until and including the morning of the block. You may take these medications the morning of the block with a small sip of water.
7. You should have an escort to drive you home due to the nature of the procedure. **THIS IS MANDATORY IF RECEIVING SEDATION.** If not receiving sedation please make sure you inform the scheduling person. The driver must meet you in the Pain Center to escort you to the vehicle. They cannot wait for you in the car.
8. **You might require pre-procedure blood work** if your procedure is a Discography, Discetomy, Spinal Cord Stimulator or Radio Frequency Denervation. If your doctor gave you a prescription for blood work the results must be sent to this office no later than two days prior to your procedure.
9. **IF YOU ARE HAVING A DISCOGRAPHY**, you will be given a prescription for a post-discography CT Scan. Please go there immediately after the Discography, they are expecting you.
10. **If you are having a Nucleoplasty, or Endoscopic Discetomy you MUST bring your current MRI films to the surgical center.**
11. **IF YOU HAVE A LATEX ALLERGY, TELL THE DOCTOR IMMEDIATELY.**
12. **IF YOU HAVE A PACEMAKER, TELL THE DOCTOR IMMEDIATELY.**
13. For more information visit our website at www.spineandpain.com

If you have any questions please call 732-345-1180

Facilities

SHREWSBURY SURGICAL CENTER

655 Shrewsbury Avenue, Shrewsbury, NJ 07702 732-450-9017

Parkway to exit 109 – turn onto Route 520 East – at 3rd (from Parkway North) or 4th light (from Parkway South), make a right onto Shrewsbury Avenue – at 3rd light, make a left into 655 Shrewsbury Avenue.

MONMOUTH MEDICAL CENTER, Ambulatory Surgical Center

300 Second Avenue, Long Branch, NJ 07740 732-923-6514

Parkway to exit 105 onto Route 36 East –make a right onto Broadway (approx 3.7 miles). Take Broadway to Bath Ave, make right onto Bath Ave. Continue on Bath Ave, cross RR tracks and make left onto Third Ave. Make first right (across from the LB Train Station) – Monmouth Medical Center is 100 yards on the left.

RIVERVIEW MEDICAL CENTER

1 Riverview Plaza, Red Bank, NJ 07701 732-741-2700

Take the Garden State Parkway to Exit 109, the Red Bank Exit. Follow Newman Springs Road East to Broad St. in Red Bank. Turn Left onto Broad Street and follow to end (East Front Street). Turn Right onto East Front Street. Riverview Medical Center will be on your left.

TOMS RIVER SURGICAL CENTER

1430 Hooper Ave, Toms River, NJ 08755 732-240-2277

Garden State Parkway to Exit 82 onto Rte 37 East. After 2nd traffic light, take jughandle to Hooper Ave North.

At 6th traffic light take jughandle and turn left onto Indian Hill Rd. Building is on right. 3rd Floor (1 mile North of Ocean County Mall)

UNIVERSITY SURGICAL CENTER

561 Cranbury Road, East Brunswick, NJ 08816 732-390-4300

Route 18 to Cranbury Road. South on Cranbury Rd approximately 2 miles

PHYSICIAN'S SURGICENTER

1 Plaza Drive, Unit 2-4, Toms River, NJ 08757 732-818-0059

Garden State Parkway to exit 82 to Route 37 west. Go approximately 1 ¾ miles and turn onto Mule Rd. Take first right onto Plaza Drive. Center is immediately on your left.

NEPTUNE SURGICAL CENTER (CENTER OF ADVANCED SURGERY and PAIN MANAGEMENT)

3613 Corlies Ave, Neptune, NJ 07753 732-918-0061

Garden State Parkway to Exit 100 from the south/Exit 100B from the north

Proceed East ½ mile on Corlies Ave and the center will be on your left

CEDAR KNOLLS SURGICAL CENTER

197 Ridgedale Ave, Cedar Knolls, NJ 07927 973-292-0700

From the South:

I-287 North to exit 36B

Merge onto Lafayette Ave Rt 510 west

Make right onto Ridgedale Ave

#197 is a little over 1 mile

From the North:

I-287 South to exit 36

Make right onto Ridgedale Ave

#197 is a little over 1 mile

METROPOLITAN SURGICAL CENTER

640 Bordentown Ave, South Amboy, NJ 08879 732-525-2227

Route 35 to South Amboy

From the North: Make left onto Bordentown Ave

From the South: Make right onto Bordentown Ave

540 Bordentown Ave will be 500 feet on left

MIDDLETOWN SURGICAL CENTER- Specialty Surgery of Middletown

1270 Rt 35 South, Suite 3, Middletown, NJ 07748 732-671-5555

Rt 35 to Middletown

One quarter mile south of Harmony Rd/Kings Highway traffic light turn into 1270 Medical Health Center