

**\*ALL EXAMINATIONS\*** Please bring your Health Care card and another piece of identification with this form.

If you have any questions about your exam, exam preparation, or need to change, or cancel your appointment, please contact Central Booking. Patients who miss their appointment and fail to cancel 24 hours prior to their exam may be charged a \$25.00 fee.

**\*For all examinations (except ultrasound):**

1. If it has been more than 28 days since the start of your last period, please confirm with the technologist that you are not pregnant.
2. Some continuous glucose monitoring devices recommend removing the glucose monitor for all radiation imaging exams, while others specify that you only need to remove the device if it is in the direct beam. Some devices say that you don't need to remove them at all. Before scheduling a medical imaging exam at MIC, we recommend that all diabetic patients refer to their glucose monitoring device instructions so they can coordinate their appointment around the replacement of their device. If you are unsure if you will receive radiation during your appointment, please call our Central Booking team at 780-450-1500.

## Pain Management

- Please arrive 15-20 minutes prior to your appointment time.
- If it is your first time to have an injection to a new site, reduce any pain medication the day of your appointment. You should be in enough discomfort (but not extreme) so you are able to determine if the pain has been relieved immediately following your injection.
- If you are on blood thinner medications, you may need to discontinue them prior to your appointment. Please inform us of any blood thinning medication you are taking when booking your appointment.
- Take all other medications, as prescribed by your practitioner. Bring a list of the medications you are taking.
- Bring a list of medications you are allergic to.
- You cannot have an active infection or be on treatment for an active infection on the day of your exam. If you have an active infection, your exam may need to be rescheduled.
- MIC provides cortisone at no charge to patients. Viscosupplementation is available from MIC at cost. Platelet-Rich Plasma has a fee for service.
- If applicable, bring any joint medication (e.g. Synvisc, Cingal, etc.) you have purchased for this procedure. These products are not supplied by MIC.
- Once the procedure is completed, a technologist will ask that you wait for 20 minutes so we can re-evaluate your pain level before you leave.
- After your injection, you are advised to not engage in strenuous activity using the injected joint for the next two days (exception: if you are having an MBB/LBB performed there are no restrictions on activity).
- A driver is required:** when you are having a Nerve Root Block, Caudal Epidural Injection, or RFA.
- Serious complications are very rare, but can happen. It is normal to have some increased pain the day of or the day after your injection. However, if the pain worsens day after day, or you experience fever/chills or any other signs of infection, or develop new numbness in your limbs the day after your injection, contact your practitioner immediately.
- Please do not bring children who require supervision, as we are unable to look after them.
- For Nerve Root Standing Orders - these can be performed up to once every two months, with a maximum total of six times per year.

### Locations – Hours of operation vary by examination 🕒 Extended Hours available for X-ray



**Edmonton**

🕒 **Century Park**  
201-2377 111 ST NW  
Fax: 780.665.4289

**Gateway Clinic**

107-6925 Gateway Blvd NW  
Fax: 1.866.815.1715

**Heritage Valley Town Centre**

2903-119A ST SW  
(opening spring 2025)

**Hys Medical Centre**

202-11010 101 ST NW  
Fax: 780.424.7780

**Manning Town Centre**

15425 37 ST NW  
Fax: 780.665.7276

🕒 **Tawa Centre**

200-3017 66 ST NW  
Fax: 780.461.7527

**Terra Losa**

9566 170 ST NW  
Fax: 1.877.543.8044

🕒 **Windermere**

201-6103 Currents DRNW  
Fax: 1.888.442.2136

**Sherwood Park**

**Synergy Wellness Centre**

109-501 Bethel DR  
Fax: 780.392.1268

**St. Albert**

🕒 **Summit Centre**

102-200 Boudreau RD  
Fax: 780.459.2376

Partnered with

