

Patient Information

Name: _____ Male Female Birthdate: _____
Address: _____ Phone #: _____
City: _____ Postal Code: _____
Pregnant: No Yes NSAIDs: Yes If yes, please list: _____
Medications: Coumadin Plavix Other blood thinners: _____
Allergies: Xylocaine Iodinated contrast Other: _____
Diabetic: Yes

For Office Use Only
Appt date: _____
Appt time: _____

Clinical Information

Treatment Site (please specify exact joint or tendon, including side, for Prolotherapy)

Patient Assessment (including clinical diagnosis warranting Prolotherapy)

Have any other kinds of treatment been tried for this diagnosis? If yes, please specify.

Relevant Past Medical/Surgical History

*****PLEASE NOTE: The patient must be able to discontinue Nonsteroidal Anti-inflammatory Drugs (NSAIDs) use for two (2) weeks prior to the procedure and for two (2) weeks following the procedure.**

Referring Practitioner (Physiotherapist or Physician)

Name: _____ Fax: _____
Address: _____
Signature: _____ Physician Number (if applicable): _____
Copies To: _____

Repeats for Procedure(s) Yes Interval: _____ Expiration date: _____ (Maximum 2 years)



Pay parking is available adjacent to building

Booking Protocol

- Appointment(s) are required
- Prior imaging is required for spinal procedures
- Fax requisition to Medray Imaging 604.942.4612
- Medray Imaging to confirm appointment with patient

Patient Instructions

Please Remember

- **Please arrive 15 mins prior to your appointment time.** If you are late for your exam, you will likely need to reschedule and you will be charged a \$50 No Show Fee. Appointments cancelled with less than 24 hours notice will also result in a \$50 No Show Fee.
- Allow up to 1 hour for your appointment and wear comfortable clothing.
- You **MUST** bring a translator if you are unable to speak English.
- There are no restrictions to your diet; you may eat and drink before your procedure.
- You will be asked **EACH VISIT** to provide a **VALID HEALTH CARE CARD** and **PICTURE ID**. If you do not have your card you may be asked to rebook for your examination.
- Patients suspecting pregnancy should consult their physician before exam date.
- Do not bring children who require supervision.

Medications

- Discontinue taking all NSAIDs two (2) weeks prior to treatment. Please confirm with your physician before stopping NSAIDs.
- Continue taking all other current medications.
- Bring a list of your current medications with you to your appointment.
- Note any allergies to medications.
- You cannot have an active infection or on antibiotics on the day of your exam.
- We will provide all necessary medication for the PRP or Prolotherapy treatment.

Transportation

- If possible, please have someone accompany you on the day of your procedure. In case you have discomfort, it may be more convenient to have someone else drive you home.

Post Injection

- Patients are allowed to leave after their procedure with no recuperation time required.
- Serious complications are very rare, but can happen. It is normal to have some increased pain the day of or the day after your treatment. 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 after your injection, contact your doctor immediately or proceed to the emergency department.
- **You may benefit from a repeat injection approximately 6 weeks after the initial injection. If you wish to try this, please contact us to book an appointment. Please note there are additional fees for all subsequent treatments.**

Activity Level Resumption

- A gradual, progressive physical habilitation program can play an important role in maximizing the benefits of prolotherapy. It is important to discuss this with your referring doctor or physiotherapist. The following is a general guideline (the recommendations of your referring practitioner may differ): Immediately following the procedure, the treated area should be kept protected and relatively immobilized for approximately 3 days. Following this, gradual increased use of the area for daily activities while avoiding exercise is recommended for up to approximately 2 weeks following the procedure. From this point onwards, a return to exercise with slow gradual transition from low-intensity to high-intensity activity over several weeks or months is the goal.