



**Long Island  
BRAIN&SPINE**

**If You Suffer from Chronic Back or Neck Pain,  
We Can Help  
Interventional Pain Management Specialists**

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Anesthesiology & Pain Medicine  
Director of Interventional Spine  
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at Long Island Brain & Spine*



**Elvis W. Rema, MD**

*Diplomate, American Board of  
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Interventional Pain Management  
Physician at Long Island Brain & Spine*

**Long Island Brain & Spine Offices**

**West Islip Office**

*380 Montauk Highway  
West Islip, NY 11795*

**Smithtown Office**

*St. Catherine of Siena Medical Center  
48 Route 25A, Suite 302, Smithtown, NY 11787*

**Bethpage Office**

*4230 Hempstead Turnpike, Suite 200  
Bethpage, NY 11714*

**Babylon Office**

*51 John Street, Suite 4  
Babylon, NY 11702*

**Procedure Department (631) 526-7114**

**Fax: 631-248-5890**

*Mon-Thurs 9am-4pm  
Friday 9am-2pm*

**Billing Office (631) 482-9977**

*Mon-Thurs 8:30am-5pm  
Friday 9am-3pm*

**After Hours Hotline (631) 450-4173**

**PROCEDURES PERFORMED AT:**

**Good Samaritan University Hospital - ASU South**

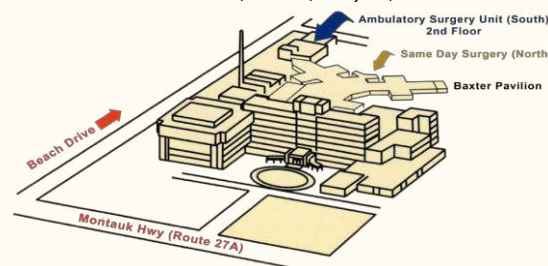
*Located next to Baxter Pavilion and MRI Center - 1000 Montauk Highway, West Islip, NY 11795*

**St. Catherine of Siena Medical Center**

*Building #48, Route 25A, Smithtown, NY 11787 - Go to lower level, Endoscopy Suite  
GPS Address: St. Catherine of Siena Hospital, Smithtown, NY*

**Comprehensive Pain Care of Long Island**

*51 John Street, Suite 4, Babylon, NY 11702*



# Procedural Planning & Instruction Guide

**A Helpful Guide for a Smooth Procedure  
from Start to Finish**



**Long Island  
BRAIN&SPINE**

**Good Samaritan University Hospital  
St. Catherine of Siena Medical Center  
Comprehensive Pain Care of Long Island**

Welcome to our Division  
of Interventional Spine  
& Pain Management

**\*\* Please Read the Information Enclosed in this Brochure Prior to Your Procedure \*\***

## **PRIOR TO YOUR PROCEDURE**

Although some insurance plans do not require prior authorization for minor procedures, most others do. **Please allow 7-15 business days for insurance verification and authorization review. Some insurance carriers will take up to 15 business days for clinical review and authorization. Workers Compensation can take up to 30 business days to receive authorization. Medicare now requires authorization for certain outpatient hospital procedures** We will keep a close eye on the completion process and contact you to schedule the procedure as soon as we have an approval.

A Financial Policy (and in some cases an Executive Policy) is required to be signed before we can start the authorization process. If you have questions regarding these policies, please contact our billing department at 631-482-9977. We assure you that your care is our top priority.

If you are on blood thinners, we will obtain a clearance letter from your primary doctor or cardiologist. Once we have received the clearance from your physician, and authorization from your insurance carrier, we will call you to schedule the earliest appointment. If you stop blood thinners without permission from your provider, you may be putting yourself at risk of a heart attack, stroke, blood clots, or related complications.

**If you are taking Ozempic, Mounjaro, Wegovy, Trulicity, Qsymia, Jardiance, Saxenda, Zepbound, Phentermine, or Imcivree this must be stopped 7 days prior to your procedure if you are having sedation. Do not stop any of your medications until you receive a call from our procedure department.**

You may receive a call from the facility's pre-surgical testing prior to your procedure to pre-register you and obtain your health insurance details.

## **THE DAY BEFORE YOUR PROCEDURE**

Expect a phone call, with details about your procedure from the facility where the procedure is planned. You can expect them to call you between the hours of 1pm - 8pm.

If you do not hear from the facility, please contact the facility to make sure your care does not get delayed: Good Samaritan University Hospital (631) 376-4510; St. Catherine's (631) 862-3636; Babylon Office, 631-526-7114. A staff member will contact your doctor &/or staff to address your situation if there is a problem.

If you are unable to contact the facility in time, you can reach the on-call physician by calling (631) 450-4173 for further directions.

## **ON THE DAY OF YOUR PROCEDURE**

- Take nothing by mouth after midnight the night before your procedure.
- Take your morning prescription medication(s) with a small sip of water.
- You MUST have a designated driver to take you home if you get sedation.
- You should not be on blood thinners prior to procedure, unless it was clearly specified by your physician and the procedure scheduling department.
- You should not be taking **Ozempic, Mounjaro, Wegovy, Trulicity, Qsymia, Jardiance, Saxenda, Zepbound, Phentermine, or Imcivree** for 7 days prior to procedure if you are having sedation.
- **If you are diabetic**, please avoid starchy and sugary foods 48 hours prior to your procedure to ensure normal blood sugar.
- Good Sam: ASU South located on the second floor, above the Emergency Department Unit.
- St. Catherine: ENDO Unit is in building #48 on the lower level.
- Babylon Office: Enter thru front entrance.
- Expect to be at the facility up to 2 hours. Your ride or family member is not required to stay with you and can return later to pick you up.

## **AFTER YOUR PROCEDURE**

- These are general instructions for most procedures performed by our specialists. Please also refer to your post-procedural directions given by the hospital / facility for more specific details.
- Refrain from the following for 24 hours after your procedure:
  - Do not take a bath, swim, or sit in a hot tub. Showers are acceptable.
  - Do not drive, operate heavy machinery, or use power tools.
  - Do not drink alcoholic beverages.
  - Do not make important or legal decisions, as your judgement may be impaired.
- You may have some temporary numbness, weakness, or tenderness in the arms / legs. This is normal after the procedure and usually occurs due to the anesthetic medications. It should improve within a few hours.
- You may have tenderness at the injection site. Apply ice to the area for 20 minutes 3-4 times per day, and rest. Tylenol (Acetaminophen), Ibuprofen (Advil), or Naprosyn (Aleve) can be used to relieve any minor discomfort.
- You may develop some local swelling or redness at the site of the injection. If there are raised, red, significantly tender areas, call our office.
- If steroid or cortisone was used during your procedure, it may take a few days for this medication to take effect. Sometimes, your pain may increase for 1-2 days before it starts to improve.
- On occasion, cortisone can cause a temporary, adverse reaction. This typically includes flushing or redness of the face, and / or sleeplessness. Benadryl may help to alleviate these effects. Symptoms may last a few days.
- In rare circumstances, cortisone can cause temporary menstrual irregularities in women of childbearing age.
- Contact our office if any of the following occurs:
  - Fever with or without chills
  - Severe increase of pain
  - Allergic reaction
- Our office will call you one week after your procedure, to plan the next step of your care.