Patient To-Do List

- Complete Clinic Pain Diary / CPAIN update.
- Schedule follow-up appointment with Primary Care Provider to discuss Pain Center consultation.
- Have Primary Care Provider sign Opioid Contract and bring to next follow-up appointment.
- Follow up with Research Coordinator.
- Schedule referral appointments for: ________________________________
- ________________________________
- Complete diagnostic studies:
  - MRI  X-ray  EMG
  - Other: ________________________________
- Have outside records sent to Center for Pain Relief. See mailing address and fax number below.
- Go to Physical Therapy.
- Fill prescription(s) for: ________________________________
- ________________________________
- Other: ________________________________

UWMC-Roosevelt Phone Numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Center for Pain Relief</td>
<td>206-598-4282</td>
</tr>
<tr>
<td>Fax</td>
<td>206-598-4576</td>
</tr>
<tr>
<td>Address</td>
<td>4225 Roosevelt Way N.E., 4th Floor Seattle, WA 98105</td>
</tr>
<tr>
<td>Electrodiagnostic Medicine (EMG)</td>
<td>206-598-4828</td>
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<tr>
<td>Medical Records</td>
<td>206-598-5323</td>
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<tr>
<td>Pharmacy</td>
<td>206-598-7557</td>
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<tr>
<td>Exercise Training Center (PT/Rehab)</td>
<td>206-598-2888</td>
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<tr>
<td>Radiology</td>
<td>206-598-6868</td>
</tr>
<tr>
<td>Research Coordinator</td>
<td>206-598-5951</td>
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</tbody>
</table>

Helpful Tips for a Successful Experience at the Center for Pain Relief

- Schedule your follow-up appointments before you leave the clinic. This will help prevent delays in care and getting your opioid prescription refills.
- To have a non-opioid prescription refilled, please contact your pharmacy 1 week before you will run out. Ask your pharmacy to fax a prescription refill request to 206-598-4576.
- If your insurance company requires pre-authorization for your prescription, please call your insurance company and have all needed paperwork faxed to 206-598-4576.
- Stay committed to your care and wellness goals.
- Follow a lifestyle that will help you manage your chronic pain:
  - Exercise in some way every day.
  - Eat a healthy diet.
  - Keep your weight at a healthy level.
  - Get plenty of rest and sleep.
  - Try to reduce stress in your life.