

# 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: \_\_\_\_\_  
\_\_\_\_\_



## 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.

### UWMC-Roosevelt Phone Numbers

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

## UW Medicine

UNIVERSITY OF WASHINGTON  
MEDICAL CENTER

### Center for Pain Relief

4225 Roosevelt Way N.E., 4th Floor  
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