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When you come for your appointment please remember to obtain and bring the following:

- **Government Issued Photo Identification:** Drivers License or a valid ID.
- Insurance information – please bring your updated information.
- Referral Letter from your referral source.
- **Medical Records (Referral Source):** First and last two clinic notes from your referral source.
- **Medical Records (Family Physician):** First and last two clinic notes.
- **Medical Records (Pain Physician):** If you have seen a pain physician recently/previously for your pain problem, we will need the following information – first and last two clinic notes, all injection/procedure/EMGNCS/operative reports, prescription medication history, and urine drug screen.
- **Medical Records (Surgeon):** Copies of all surgical reports related to your spine or orthopedic pain problem.
- **Medical Records (Physiatrist and/or Neurologist):** Copies of all Electrodiagnostic (EMG/NCS) medicine reports.
- **Radiology:** Copies of spine and/or joint X-rays, MRI's, CT scans, Musculoskeletal Ultrasound, Bone Scans, DEXA Scan, etc and any other relevant information – please bring the actual films (on discs) and formal radiology reports.
- **Medical Records (Procedure/Injection):** Copy of all procedure/injection reports, e.g. spine, joint, nerve, muscle, tendon, ligament, soft tissue.
- **Medications:** List of medications (printout from your pharmacy(s) for the last twelve months).
- List of Allergies.
- **Laboratory Results:** Most recent results of your Comprehensive Metabolic Profile, Lipid/Thyroid/Liver/Kidney Profiles, Serum Testosterone, Serum Estrogen, Serum Vitamin D, & CBC. Normally these will be available from your family physician.
- **Clothing:** Shorts and T shirt (to wear during the examination).
- Interpreter (If you cannot speak/understand English or a Sign Language interpreter if hearing impaired).