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Metropolitan Pain Management Consultants, Inc.  
A Medical Group

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## ABOUT CHRONIC PAIN

Chronic pain can be a very complex problem and frequently requires complex solutions.

The first step is determining your diagnosis and locating your specific pain generator. We do this through a thorough physical examination and review of your pain or injury history. You may need new or additional x-rays or laboratory tests. You have been given a multiple page pain and medical history questionnaire and it is important that you complete it as best you can. Remember to include over the counter medications, dietary supplements and herbal medicines in your medication list. Please let us know if you have an Advanced Directive, Medical Power of Attorney, Living Will or other directive that could affect your care.

At each of your follow-up visits you will be required to fill out a one-page questionnaire that will be part of your ongoing assessment. It is important that you comment on how you are doing during the interval between visits. Please also let us know if you develop any new allergies or sensitivities at any time.

You will also be required to write down your medications and dosing schedule and to comment on the effectiveness or side effects of your medications at each follow-up visit. It may be necessary for you to bring in all your pill bottles with you. This is very important because it shows the team members that you know what you are taking and how you are taking it. **If we are prescribing pain medications, the Medical Director has determined that urine screening for illegal or inappropriate drugs is required at various intervals and may be tested on a random basis.** Metropolitan Pain Management Consultants, Inc. does not condone the use of illegal drugs and does not accept patients that use illegal drugs including marijuana.

Medication or dosing changes and refills of medication will be done during office visits and can only be ordered after team evaluation and are not to be attempted by the patient alone. Patients who independently increase their medication dosing, quantity or frequency may run out of medication early or more importantly cause self harm. We do not fill medications early. If you run out of your medications early you may be very uncomfortable for several days or weeks. Lost, stolen or misplaced medication will not be replaced until the scheduled due date. After two requests for early refills discontinuance of therapy may be considered.

Since you are a key member of the treatment team you will be asked what your expectations are. It is important that you tell us how we can best assist in your pain management. Your health problem or treatment may also affect your family life and so your family members may be asked to contribute to the ongoing assessment of your therapy. You may be asked to sign a release so your condition can be discussed with your family.

You may be referred to other specialists as appropriate. When it is in your best interest to receive care from other specialists, you may be required to see the specialist as a condition of continued treatment from Metropolitan Pain Management Consultants, Inc.

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