

# DIAGNOSTIC INJECTIONS & PAIN MANAGEMENT

ABOUT YOUR  
PROCEDURE



WE BRING BRILLIANCE TO HEALTH & WELLNESS

**SHINE ON**

**RAYUS**  
RADIOLOGY™

## **WELCOME**

When you're in pain, you want answers to guide your care. At RAYUS Radiology we help find those answers with our diagnostic injections and pain management services.

We have earned our reputation for excellence through our specialized expertise and by performing thousands of diagnostic injections and pain management procedures each year.

The radiologists, doctors with advanced training in imaging technology, specialize in specific areas of the body including spinal, neurological and musculoskeletal.

This special focus combined with the use of X-ray (fluoroscopy) to "see" inside the body to guide injection procedures, ensures that your injection has the most accurate results possible.



**MORE  
INFO**

**CALL 952.541.1840**

**ONLINE [RAYUSradiology.com](https://www.rayusradiology.com)**



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## **DIAGNOSTIC INJECTIONS AND PAIN MANAGEMENT**

Injections and pain management procedures are used to diagnose and/or treat pain in the spine (lumbar, thoracic and cervical) as well as joints (shoulder, hip and wrist). An MRI or CT exam may be done with these procedures.

Our goal is to make your experience as comfortable as possible during your procedure. You will be awake so you can interact with the radiologist and provide feedback to help pinpoint the source of your pain.

The majority of diagnostic injection and pain management procedures are performed in our centers. In some cases, your procedure may be performed at our St. Louis Park or Woodbury ambulatory surgery centers.

## EXAM PREPARATION

- We will contact you prior to your appointment to review your medical history, including allergies and current medications (especially pain medications and blood thinners)
- If you are on blood thinner medication, you must stop taking the medication 3-5 days before your procedure. Talk to your provider before stopping any medications
- Bring previous imaging reports, films, and/or exam results (MRI, CT, X-rays) if available
- You will need a driver for your appointment (exception: extremity arthrograms, such as shoulder, hip and knee joints). If you are unable to drive or arrange transportation, call us for assistance
- You will be asked to change into scrubs or a gown and given a locker to store your clothes, and anything else you may have with you during your exam
- We recommend that you continue to drink liquids and/or have a light meal up until 1-2 hours before your injection. If you are receiving sedation, you will be asked to not eat or drink anything 4 hours before your procedure
- Notify us if you are pregnant or breastfeeding

Descriptions of your procedure and additional exam preparation instructions can be found on the following pages. If you have questions, call us

## **SPINAL INJECTIONS**

### **EPIDURAL STEROID INJECTION/ EPIDUROGRAPHY, FACET JOINT/ NERVE INJECTION, NERVE ROOT BLOCK**

These procedures are performed to pinpoint the cause of your pain and help reduce symptoms by decreasing inflammation and swelling that may be present.

#### **WHAT TO EXPECT DURING YOUR PROCEDURE**

- Using a thin needle and X-ray for guidance, a radiologist will inject contrast (X-ray dye) into or near the structure thought to be causing your pain
- To ensure correct placement of the needle for the injection, X-rays are taken. A combination of an anti-inflammatory (steroid) and anesthetic (numbing) medications are injected for pain relief
- You will remain awake during the 10-20 minute procedure, and may experience some slight pressure or discomfort during the injection
- Inform the radiologist how your pain differs from your usual symptoms
- You will be asked to wait 30-40 minutes for observation after your procedure before leaving

at 952.541.1840.

## **RECOVERY FOR EPIDURAL STEROID INJECTION/ EPIDUROGRAPHY, FACET JOINT/NERVE INJECTION, NERVE ROOT BLOCK**

Every patient is different, but typically you can expect:

- Numbness may occur 4-6 hours post-procedure
- Your usual symptoms may return the night of the procedure and may even be more severe than usual for an additional day or two
- The benefits of the steroids may require 2-3 days to take effect, but they may take as long as 5-7 days
- Keep track of how long your relief lasts and report it to your provider. If there is no change in the pain, then investigation can be focused on other possible sources of pain. In either case, the information is useful to the provider who referred you for this procedure
- Facial flushing (redness), occasional low-grade fevers of 99.5°F or less, hiccups, insomnia, headaches, increased heart rate, water retention, increased appetite, abdominal cramping and/or bloated feeling are possible side effects of the steroid medications. These symptoms will go away within 3-4 days after the injection. If these symptoms do not resolve in 4 days, contact your provider





## **DISCOGRAM INJECTIONS**

Discogram injections are diagnostic procedures that are performed to get additional information about the cause of your pain and help determine the appropriate treatment needed. This study is generally performed on patients considering spinal fusion surgery. In some cases, discograms are also therapeutic, providing relief from your pain by injecting steroid (anti-inflammatory) and anesthetic (numbing) medication into the disc(s) to reduce inflammation.

### **WHAT TO EXPECT DURING YOUR PROCEDURE**

- You will lie on your stomach for lumbar and thoracic procedures and on your back for cervical procedures
- Using X-ray for guidance, a radiologist will place a thin needle into the center of your disc(s) thought to be causing your pain
- Contrast is injected and X-rays are taken
- You will remain awake during your procedure, which takes approximately 15-40 minutes
- During and immediately following the procedure, you will be asked to describe what you are feeling (i.e., does it reproduce your symptoms)
- In select cases, a CT exam will follow

## RECOVERY FOR DISCOGRAM INJECTIONS

- Some degree of discomfort during and after this procedure is expected
- Limit your “stress-bearing” or “strenuous” activities for 24 hours due to expected post-procedure discomfort
- We recommend taking the following day off of work, but the decision to return to work is at your discretion
- A prescription for post-procedural pain medication is available for patients who require it

Not available at the Grand Rapids location.



## **MYELOGRAMS**

A myelogram is a procedure performed on the spinal cord and/or nerves. They are usually done to evaluate for disc herniation, stenosis, bone spurs or arachnoiditis. Contrast (X-ray dye) is injected into the spinal canal and X-rays are taken.

### **PREPARATION FOR YOUR PROCEDURE**

In addition to the instructions indicated in the “exam preparation” section on page 5, drink plenty of fluids (water and juices, not soda) one day prior to, the day of and the day after your procedure. This will help you eliminate the contrast from your body.

### **WHAT TO EXPECT DURING YOUR PROCEDURE**

- Using X-ray for guidance, a radiologist will insert a thin needle into the spinal canal in your low back
- You will be lying on a table, which may be tilted to allow the contrast to disperse
- Once the contrast has been injected, the needle is removed and X-rays are taken
- You will remain awake during your procedure, which takes approximately 15-20 minutes
- You may experience mild discomfort during your procedure
- In most cases, immediately following completion of the myelogram a CT scan will be performed, which will take an additional 30 minutes

## RECOVERY FOR MYELOGRAMS

Follow these instructions for 24 hours after your procedure.

- You will need someone to drive you home. We recommend that you lay down in the vehicle or recline the front seat
- Headaches are a possible side effect of this procedure. To decrease your chance of developing a headache, lie on your back, side or stomach with your head elevated no more than 30 degrees (about two pillows) until bedtime. You may also elevate your feet for comfort
- You may walk to the bathroom and sit up to eat; however, activities requiring you to sit or stand should be kept to a minimum. Do not remain upright for more than 5 minutes at a time, and do not get up more than two to three times per hour
- Drink plenty of fluids (water and juices are preferred, but a small amount of caffeinated liquid is also beneficial) to help clear the contrast solution from your system. The contrast agent will be absorbed into your body and excreted through the urine as a clear substance within 24 hours. Avoid drinking alcoholic beverages for at least 24 hours after the myelogram

If you develop headaches, nausea or dizziness, which are worse with sitting, standing or walking, continue the instructions as indicated above for an additional 24 hours. If you do not receive relief after 48 hours, contact RAYUS.

## **RADIOFREQUENCY RHIZOTOMY**

Radiofrequency (RF) rhizotomy or neurotomy is a procedure designed to decrease and/or eliminate pain symptoms arising from arthritis of joints in the back and neck. The procedure involves destroying the nerves causing the pain with highly localized heat generated with radiofrequency. By destroying these nerves, the communication link which signals pain from the spine to the brain is broken. Before this procedure is ordered, tests are performed to confirm which nerve should be targeted.

### **WHAT TO EXPECT DURING THE PROCEDURE**

- Using X-ray guidance, the specialized radiologist will insert a thin needle directly on top of the facet nerve
- To verify the needle position, the nerve may be stimulated using low voltage electricity. The stimulation will cause the affected muscles to rhythmically contract
- The radiologist will then use numbing medication (anesthetic) to desensitize the nerve
- Finally, the radiologist will apply heat to the nerve via the electrode. This heat is designed to create a lesion, causing the nerve to become cauterized or burnt, which breaks the communication link to the brain

### **RECOVERY FOR**

## **RADIOFREQUENCY RHIZOTOMY**

- A nurse will review guidelines you will be asked to follow post-procedure (pertaining to driving and drinking alcoholic beverages) if you were sedated during your procedure
- You may experience numbness and/or relief from symptoms after the procedure due to the anesthetic
- Once the local anesthetic effects have worn off, your usual symptoms may return and may be more severe for up to 5-7 days after the procedure
- You may be asked to keep a record of symptoms following the procedure and report to the referring provider at your follow-up appointment
- When the procedure is successful, improvement is usually noticed 2-3 weeks after the procedure. However, it may take up to 4 weeks before symptoms improve and the beneficial effects of the rhizotomy are realized. Every patient is different and your outcome may vary



## **SACROILIAC (SI) JOINT INJECTIONS**

A sacroiliac joint injection is a procedure used to identify and treat painful joints. Once the sacroiliac joints become painful, they may cause pain in the low back, buttocks, abdomen, groin and/or legs.

### **WHAT TO EXPECT DURING THE PROCEDURE**

- In some cases, the radiologist will numb a small area of skin with numbing medicine
- If numbed, once the medicine has taken effect, the radiologist directs a very small needle, using X-ray guidance, into the joint
- A small amount of contrast (dye) is injected to ensure proper needle position inside the joint space
- Then, a small mixture of numbing medicine (anesthetic) and anti-inflammatory (steroid) medication is injected. One or both joints may be injected depending on the location of your usual pain

### **RECOVERY FOR SI JOINT INJECTIONS**

- After the procedure, you will walk around and try to imitate something that would normally bring about your usual pain
- You may be asked to report the percentage of pain relief and record the relief experienced during the next week
- You will need a driver for your appointment. If you are unable to drive or arrange transportation, call us for assistance

# MUSCULOSKELETAL INJECTIONS

## ARTHROGRAPHY

Arthrography is an imaging study designed to diagnose problems within a joint (i.e., shoulder, hip, wrist) and sometimes to provide pain relief. Contrast (X-ray dye) is placed into the joint to better visualize your joint and any present abnormalities in X-ray or CT scans

### WHAT TO EXPECT DURING THE PROCEDURE

- Using X-ray guidance, a radiologist will place a thin needle into the joint and inject contrast (X-ray dye)
- You may experience some slight pressure or discomfort
- X-rays or a CT exam will then be obtained to help the doctor make a diagnosis
- This procedure takes approximately 20 minutes
- Depending on the test ordered by your provider, an anesthetic (numbing medicine) and/or steroid (anti-inflammatory) may be injected into the joint to provide pain relief

### RECOVERY FOR ARTHROGRAPHY

- You may experience some soreness at the injection site for up to 24 hours after your procedure
- Regular activities may be resumed immediately after your procedure, however, limit strenuous activities on the affected joint for 24 hours



## **MRI ARTHROGRAPHY**

MRI arthrography is an imaging study designed to diagnose problems within a joint (i.e., shoulder, hip and wrist). A contrast agent called gadolinium is placed into the area being studied followed by an MRI exam. Contrast is used to better visualize your joint and any abnormalities.

### **WHAT TO EXPECT DURING THE PROCEDURE**

- Using X-ray guidance, a radiologist will place a thin needle into the joint and inject contrast (gadolinium)
- You may experience some slight pressure or discomfort
- X-rays will then be taken. This portion of your procedure takes approximately 20 minutes
- You will then have an MRI exam
- MRI is one of the safest and most advanced imaging techniques available
- The procedure uses a strong magnetic field and high-frequency radio waves to create detailed pictures of the body
- Because of the MRI's magnetic field, you must remove any metallic objects, such as jewelry, watches, hairpins or barrettes
- Inform the technologist of prior surgeries or metal implants, such as pacemakers or aneurysm clips
- The average length of an MRI is 30 minutes
- You may bring your favorite CD to play or listen to your favorite radio station during your exam

## RECOVERY FOR MRI ARTHROGRAPHY

- You may experience some soreness at the injection site for up to 24 hours after your procedure
- Regular activities may be resumed immediately after your procedure, however, limit strenuous or “stress-bearing” activities on the affected joint for 24 hours



## GENERAL INFORMATION

When you arrive for your appointment we will ask you to verify registration and provide health information related to your procedure. We may call to assist you with registration prior to your appointment. Our centers are conveniently located (directions are located in the back of the brochure) and free parking is provided outside of our buildings.

If you are unable to drive or arrange transportation to your appointment, call us for assistance at **952.541.1840**.

You will receive an online patient satisfaction survey after your procedure if you have provided an email address. Please complete the survey to help us enhance our services to better serve you.

## MEDICAL RECORDS AND RESULTS

We send your procedure images and reports directly to your provider, who will discuss the results with you. You can access your results and pre-register for future exams through our online patient portal at **myExamAnswers.com**. Contact your provider when you need additional images or reports. In any legal matters, your attorney, with your written authorization, may obtain copies of your medical records directly from us.

## **BILLING INFORMATION**

We accept most major health insurance plans. Our dedicated insurance specialists can assist you in understanding your coverage and provide you with an estimate of the cost of your procedure. Contact one of our centers to speak with an insurance specialist.

We will submit your claim under the benefit coverage you specify, including workers' compensation, auto insurance, and personal injury. We will need complete benefit information including the name and address of your insurer(s), policy and group or claim numbers, and the name of the policyholder or subscriber.

For workers' compensation, automobile or personal injury cases, we require the name and address of your attorney as well as your health insurance information. If required by your plan, please obtain a pre-authorization or referral prior to your appointment at RAYUS Radiology. You are ultimately responsible for the payment of your account.

You will receive a monthly statement until the balance is paid. Please contact your insurer if a payment has not been made within the first 30 days. If you have any questions or concerns about billing, call our business office at **800.634.4064** or **952.542.8553**.

Thank you for choosing RAYUS Radiology.

## TWIN CITIES LOCATIONS

For Twin Cities centers information and links to driving directions, please visit [RAYUSradiology.com](http://RAYUSradiology.com).

### BLAINE

2305 108th Ln. NE  
Blaine, MN 55449  
**763.278.4429**

**FROM THE NORTH:** Take MN-65 S. Turn left onto 109th Ave. NE and right onto Radisson Rd. Take your first left onto Town Square Dr. NE. Take a left onto 108th Ave. RAYUS is the first driveway on the left.

**FROM THE SOUTH:** Take I-35W to exit 32 and merge onto 95th Ave. NE for about 3 miles. Take a right onto 108th Ave. RAYUS is on the right.

### BURNSVILLE

675 E. Nicollet Blvd., Suite 150  
Burnsville, MN 55337  
**952.898.6627**

**FROM THE NORTH:** Take I-35W S. Take exit 1 for County Rd. 42 toward Crystal Lake Rd. Turn left onto County Rd. 42 W./Egan Dr. Turn left onto Nicollet Ave. Turn right onto E. Nicollet Blvd. At the roundabout, continue straight to stay on E. Nicollet Blvd. Turn right into the Oak Ridge East parking lot. RAYUS is in the Oak Ridge East building.

**FROM THE SOUTH:** Take I-35 N. Keep right at the fork to continue on I-35E N. following signs for St. Paul. Take exit 88B for County Rd. 42. Turn right onto Cty. Rd. 42 E. Turn left onto Portland Ave. S. At the roundabout, take the first exit onto E. Nicollet Blvd. Turn right into the Oak Ridge East parking lot. RAYUS is in the Oak Ridge East professional building.

### COON RAPIDS

3833 Coon Rapids Blvd. NW, Suite 120  
Coon Rapids, MN 55433  
**763.433.2000**

**FROM THE NORTH:** Take Hwy. 10 E. to the Round Lake Blvd. exit. Turn right onto Round Lake Blvd. NW. Turn right onto Coon Rapids Blvd. RAYUS will be on the right, located in the Coon Rapids Medical Building.

**FROM THE SOUTH:** Take I-694 W. to exit 37 for MN-47/ University Ave. Use the right two lanes to turn right onto MN-47 N./University Ave. NE. Continue to follow MN-47 N. Take the exit toward Anoka County 3/Anoka County 10. Use any lane to turn left onto Coon Rapids Blvd. RAYUS will be on the right, located in the Coon Rapids Medical Building.

### EAGAN

2700 Vikings Cir., Suite 110  
Eagan, MN 55121  
**651.306.4567**

**FROM THE NORTH:** Head west on I-35E S. and take exit 99A to merge onto I-494 E. Take exit 69 for MN-149S toward MN-55. Use the left lane to turn left onto MN-149 S/Dodd Rd. Use the left 2 lanes to turn left onto Vikings Pkwy.

**FROM THE SOUTH:** Head northeast on I-35E N. Use the right 2 lanes to take exit 99A-99B to merge onto I-494E. Take exit 69 for MN-149S toward MN-55. Use the left lane to turn left onto MN-149S/Dodd Rd. Use the left 2 lanes to turn left onto Vikings Pkwy.

## **EDEN PRAIRIE**

775 Prairie Center Dr., Suite 260  
Eden Prairie, MN 55344  
**952.294.8222**

**FROM THE NORTH:** Take I-494 S. Take exit 11C onto MN-5 W./US-212 W. Take the exit for Prairie Center Dr. Turn right onto Prairie Center Dr. Turn right into the Flagship Professional Building parking lot. RAYUS is in the Flagship Professional Building.

**FROM THE SOUTH:** Take US-169 N to I-494 W./MN-5 W. Take exit 11A toward Cty. Rd. 61/Prairie Center Dr./Flying Cloud Dr. Keep left at the fork, following signs for Chaska. Turn left onto Flying Cloud Dr. Turn right onto Singletree Ln. Turn right onto Prairie Center Dr. Turn right into the Flagship Professional Building parking lot. RAYUS is in the Flagship Professional Building.

## **LAKEVILLE**

10438 185th St. W., Suite 100  
Lakeville, MN 55044  
**952.345.3878**

**FROM THE NORTH:** Take I-35 W. S. to exit 85 for Cty. Rd. 50/Cty. Rd. 5. Turn left onto Kenwood Trail. At the roundabout, take the third exit onto 185th St. W. RAYUS is on the right.

**FROM THE SOUTH:** Take I-35 N. to exit 84 for Cty. Rd. 60/185th St. W. Turn left onto Kenrick Ave. Turn right onto 185th St. W. At the roundabout, take the second exit to stay on 185th St. W. RAYUS is on the right.

## **MAPLE GROVE**

9630 Grove Cir. N., Suite 100  
Maple Grove, MN 55369  
**763.416.9916**

**LOCATED OFF OF I-94, TWO EXITS NORTH  
OF THE I-494/694 INTERCHANGE.**

**FROM THE EAST:** From I-94, take Exit 213/Maple Grove Pkwy. to the first stoplight. Continue straight ahead on Grove Cir. N. for approximately two blocks. RAYUS will be on the right, located on the first floor.

**FROM THE WEST:** From I-94, take Exit 213/Maple Grove Pkwy. Turn right on Maple Grove Pkwy. Turn left on Grove Cir. N. RAYUS will be on the right, located on the first floor.

## **MAPLEWOOD**

1790 Beam Ave.  
Maplewood, MN 55109  
**651.748.8226**

**FROM THE NORTH:** Take I-35E S. to I-694 E. Follow 694 E to exit 48 for US-61. Turn left onto Beam Ave. Continue on Beam Ave. for about a mile. RAYUS is on your right.

**FROM THE SOUTH:** Take I-35W N to exit 111A for MN-36 E toward Stillwater. Take exit for US-61 N. Turn right onto Beam Ave. Continue on Beam Ave. for about a mile. RAYUS is on your right.

## **MENDOTA HEIGHTS**

910 Sibley Memorial Hwy.  
Mendota Heights, MN 55118  
**651.455.5500**

**FROM THE NORTH:** Exit at Hwy. 13/Sibley Memorial Hwy. Turn left onto Hwy 13/Sibley Memorial Hwy. RAYUS is on the right.

**FROM THE SOUTH:** Exit at Hwy. 13/Sibley Memorial Hwy. Turn right onto Hwy 13/Sibley Memorial Hwy. RAYUS is on the right.

## **NORTH ST. PAUL**

2601 Centennial Dr., Suite 108  
North St. Paul, MN 55109  
**651.287.4177**

**FROM THE NORTH:** Take I-35E S. to I-694 E. Take exit 51 for MN-120 toward Century Ave. Turn right onto MN-120 S. Turn right onto 17th Ave. E. Turn left onto Margaret St. N. Turn left on Centennial Dr. RAYUS is on the left.

**FROM THE SOUTH:** Take I-694 N. to exit 52A to merge onto MN-36 W. Take exit for Margaret St. Turn left onto Margaret St. Turn left onto Centennial Dr. RAYUS is on the left.

## **OTSEGO**

9040 Quaday Ave. NE, Suite 100  
Otsego, MN 55330  
**952.541.1840**

**FROM THE NORTH:** Take MN 101 N. to 90th St. NE/ County Rd. 39 NE. Take the County Rd. 39 E. exit and turn right at the intersection. Turn right onto Quaday Ave. Turn right past the Denny's and RAYUS will be located in the parking lot to your left.

**FROM THE SOUTH:** From 94 W., take exit 207A-207B to MN-101 N. Take exit 207B onto MN-101 N. Take the County Rd. 39/90 St. exit. Continue on 90th St. NE, and turn right onto Quaday Ave. Turn right past the Denny's and RAYUS will be located in the parking lot to your left.

## **PLYMOUTH**

15700 37th Ave. N., Suite 100  
Plymouth, MN 55446  
**763.278.4444**

**FROM THE NORTH:** Take I-494 S. to exit 23/County Rd. 9/Rockford Rd. Turn right onto County Rd. 9/Rockford Rd. Turn left onto Plymouth Blvd. and then turn right onto 37th Ave. N. RAYUS is on the right in the City Center Professional Building.

**FROM THE SOUTH:** Take I-494 N. to exit 22/MN-55. Use the left 2 lanes to turn left onto MN-55 W./Hwy 55 W. Turn right onto Vicksburg Ln. N. and then turn right onto 37th Ave. N. RAYUS is on the left in the City Center Professional Building.

## **ROSEVILLE**

1835 W. County Rd. C, Suite 180  
Roseville, MN 55113  
**651.287.4929**

**FROM THE NORTH:** Take I-35 W. S. to exit 24 for Cty. Rd. C. Turn left onto Long Lake Rd. Turn left onto Cty. Rd. C. Turn left onto Fairview Ave. and take your first left into the RAYUS parking lot.

**FROM THE SOUTH:** Take I-35 W. N. to exit 24 for Cleveland Ave. Turn right onto Cleveland Ave. N. Turn left onto Cty. Rd. C. Turn left onto Fairview Ave. and take your first left into the RAYUS parking lot.

## **ST. LOUIS PARK**

5775 Wayzata Blvd., Suite 190  
St. Louis Park, MN 55416  
**952.541.1840**

**LOCATED OFF OF I-394, BETWEEN HWY. 169 & HWY. 100.**

**FROM THE NORTH:** Take Hwy. 100 S. to I-394 W. Keep right, following the signs for Xenia/Park Pl. Turn left onto Park Pl. Blvd. Turn right onto W. 16th St. RAYUS is in the Park Place East professional building on the right.

**FROM THE SOUTH:** Take Hwy. 100 N. to I-394 W. Keep right, following the signs for Xenia/Park Pl. Turn left onto Park Pl. Blvd. Turn right onto W. 16th St. RAYUS is in the Park Place East professional building on the right.

## **SHAKOPEE**

2995 Winners Circle, Suite 105  
Shakopee, MN 55379  
**952.541.1840**

**FROM THE NORTH:** Take 169 S. to exit 112 for Canterbury Road toward Scott County 83/Mystic Lake Dr. Turn Right on Canterbury Rd. Turn left onto 12th Ave. E. At the traffic circle, take the 2nd exit onto Vierling Dr. E. Turn right onto Eagle Creek Blvd. Turn right onto Schenian St. Turn right onto Winners Cir. Dr. Park in RAYUS parking lot.

**FROM THE SOUTH:** Take 169 N to exit 112 for Canterbury Rd./Mystic Lake Dr. Turn right onto Mystic Lake Dr. Turn right at Eagle Creek Blvd. Turn right at Schenian St. Turn right onto Winners Cir. Dr. Park in RAYUS parking lot.



## **WEST ST. PAUL**

232 Wentworth Ave. E.  
West St. Paul, MN 55118  
**651.209.0219**

**FROM THE NORTH:** Take US-52 S. Take the exit for Thompson Ave. toward Wentworth Ave. At the roundabout, take the first exit onto Wentworth Ave. E. At the roundabout, continue straight on Wentworth Ave. E. RAYUS is on the left in the Gladstone Medical Building.

**FROM THE SOUTH:** Take US-52 N. toward St. Paul. Take the exit for Wentworth Ave. toward Thompson Ave. At the roundabout, take the third exit onto Wentworth Ave. E. At the second roundabout continue straight on Wentworth Ave. E. At the third roundabout, continue straight on Wentworth Ave. E. RAYUS is on the left in the Gladstone Medical Building.

## **WOODBURY**

6025 Lake Rd., Suite 130  
Woodbury, MN 55125  
**651.735.1840**

**FROM THE NORTH:** Take I-494 S. Take exit 60 for Lake Rd. Turn left onto Lake Rd. Turn left onto S. Century Ave. Turn left at New Century Blvd. S. RAYUS will be on the right in the CornerStone professional building.

**FROM THE SOUTH:** Take I-494 E. Take exit 60 for Lake Rd. Turn left onto Lake Rd. Turn left onto S. Century Ave. Turn left at New Century Blvd. S. RAYUS will be on the right in the CornerStone professional building.

## **CENTRAL MINNESOTA LOCATIONS**

### **ALEXANDRIA**

111 17th Ave. E.  
Alexandria, MN 56308  
**320.762.6040**

**FROM I-94 FROM THE EAST:** Take Exit #103 for Alexandria and take a right from the exit ramp onto Hwy. 29. Take a right onto 17th Ave. The hospital's main entrance will be to your left.

**FROM I-94 FROM THE WEST:** Take Exit #103 for Alexandria and take a left from the exit ramp onto Hwy. 29. Take a right onto 17th Ave. The hospital's main entrance will be to your left.

**FROM HWY. 29 FROM THE SOUTH:** Stay on Hwy. 29. After you cross I-94 continue on Hwy. 29. Take a right onto 17th Ave. The hospital's main entrance will be to your left.

**FROM HWY. 29 FROM THE NORTH:** Stay on Hwy. 29 into Alexandria. Take a right on Third Ave. Take a left on Broadway. Turn left on 17th Ave. The hospital will be to your left.

## **SARTELL**

166 19th St. S., Suite 100

Sartell, MN 56377

**320.251.0609**

**FROM I-94:** Take Hwy. 15 north to Cty. Rd. 120. Take the exit for Cty. Rd. 120, turn left by crossing through the diamond intersection and follow to Connecticut Ave. (about 1 block). Turn right onto Connecticut Ave. and follow Connecticut Ave. to 19th St. Turn right onto 19th St. and into the parking lot.

**FROM HWY. 10: FROM THE SOUTH/EAST:** take the Cty. Rd. 29 exit and turn left at the ramp. Follow Cty. Rd. 29 to Hwy. 15. Turn left at the stoplight onto Hwy. 15 and follow to Cty. Rd. 120. Turn right onto 120. Follow to Connecticut Ave. and turn right on Connecticut Ave. Follow Connecticut Ave. to 19th St. Turn right onto 19th St. and into the parking lot.

**FROM HWY. 10 FROM THE NORTHWEST:** take the Hwy. 15 exit to St. Cloud and follow to Cty. Rd. 120. Turn right on Cty. Rd. 120 to Connecticut Ave. Follow to Connecticut Ave. and turn right on Connecticut Ave. Follow Connecticut to 19th St., turn right onto 19th St. and into the parking lot.

**FROM HWY. 23:** Traveling east on Hwy. 23, take a left at Hwy. 15 and follow north to Cty. Rd. 120. Take the exit for Cty. Rd. 120, turn left by crossing through the diamond intersection and follow to Connecticut Ave. (about 1 block). Turn right onto Connecticut Ave. and follow Connecticut Ave. to 19th St., turn right onto 19th St. and into the parking lot.

## **ST. CLOUD NORTHWEST**

251 County Rd. 120, Suite D

St. Cloud, MN 56303

**320.251.0609**

RAYUS will be in the second building in from Hwy. 15 and is in the St. Cloud Medical Group building, which is a one-story building with a green roof on the right side of the road.

**FROM INTERSTATE 94:** Take Hwy. 15 north to Cty. Rd. 120. Take the exit for Cty. Rd. 120 and turn left by crossing through the diamond intersection. Turn right into the parking lot from Cty. Rd. 120.

**FROM HWY. 10 FROM THE SOUTH/EAST:** take the Cty. Rd. 29 exit and turn left to follow Cty. Rd. 29 to Hwy. 15. Turn left at the stoplight onto Hwy. 15 and follow to Cty. Rd. 120. Turn right onto Cty. Rd. 120. Turn right into the parking lot from Cty. Rd. 120.

**FROM HWY. 10 FROM THE NORTHWEST** take the Hwy. 15 exit to St. Cloud and proceed south to Cty. Rd. 120. Turn right onto Cty. Rd. 120. Turn right into the parking lot from Cty. Rd. 120.

**FOM HWY. 23:** Traveling east on Hwy. 23, take a left at Hwy. 15 and follow north to Cty. Rd. 120. Take the exit for Cty. Rd. 120 and turn left by crossing through the diamond intersection. Turn right into the parking lot from Cty. Rd. 120.

# NORTHERN MINNESOTA LOCATION

## GRAND RAPIDS

A service of Grand Itasca Clinic & Hospital

1601 Golf Course Rd.

Grand Rapids, MN 55744

218.999.9886

**FROM THE WEST (BEMIDJI/DEER RIVER):** Travel east on US-2. As you near Grand Rapids, turn right onto Sugar Lake Rd., which turns into CR-63. Turn left onto CR-76 and follow for approximately 2 miles. Turn left onto Golf Course Rd./CR-23. Grand Itasca Clinic & Hospital will be on your left.

**FROM THE NORTHEAST (HIBBING/VIRGINIA):** Travel west by following US-169. As you near Grand Rapids, turn right onto Golf Course Rd./CR-23. Enter the next roundabout and take the second exit to stay on Golf Course Rd. Grand Itasca Clinic & Hospital will be on your right.

**FROM THE SOUTH (BRAINERD/AITKIN):** Follow US-169 north to Grand Rapids. Turn left onto Golf Course Rd./CR-23. Enter the next roundabout and take the second exit to stay on Golf Course Rd. Grand Itasca Clinic & Hospital will be on your right.



# THANK YOU FOR CHOOSING RAYUS.

Visit [RAYUSradiology.com](http://RAYUSradiology.com) for more information on your procedure and our locations.

**APPOINTMENT DATE:** \_\_\_\_\_

**APPOINTMENT TIME:** \_\_\_\_\_

## TWIN CITIES

- ☐ Blain
- ☐ Burnsville
- ☐ Coon Rapids
- ☐ Eagan
- ☐ Eden Prairie
- ☐ Lakeville
- ☐ Maplewood
- ☐ Maple Grove
- ☐ Mendota Heights
- ☐ North St. Paul
- ☐ Otsego
- ☐ Plymouth
- ☐ Roseville
- ☐ St. Louis Park
- ☐ Shakopee
- ☐ West St. Paul
- ☐ Woodbury

## CENTRAL MINNESOTA

- ☐ Alexandria
- ☐ Sartell
- ☐ St. Cloud Northwest

## NORTHERN MINNESOTA

- ☐ Grand Rapids

## CHECK TO INDICATE THE PROCEDURE ORDERED

- ☐ Epidural steroid injection/epidurography, facet joint/nerve injection, nerve root block-pg. 6
- ☐ Discogram injections-pg. 8
- ☐ Myelograms-pg. 10
- ☐ Radiofrequency rhizotomy-pg. 12
- ☐ Sacroiliac joint injections-pg. 14
- ☐ Arthrography-pg. 15
- ☐ MRI arthrography-pg. 16

**PATIENT SHOULD READ THE GENERAL GUIDELINES AND THE SECTION ON THE EXAM(S) CHECKED.**



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