



## First visit checklist

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To expedite your visit and get the maximum benefit out of it, we recommend that you bring the following to your appointment:

- New patient **questionnaire** *(can be downloaded from [drNesterenko.com](http://drNesterenko.com) ⇒ For Patients)*
- All previous **spine imaging**: MRI, CT and x-rays *(both the discs and radiology reports)*  
*– do not expect the referring office to send the studies, bring them yourself*
- Other studies: EMG/nerve conduction, arterial ultrasound, bone scans
- Reports** for the previous injections
- Reports for the previous spine surgeries
- All medication bottles
- Insurance card and ID