



## Patient Instructions

### How to use the Injectful App:

The Injectful App was created for patients undergoing procedures for acute or chronic pain. There are several programs available, depending on which procedure you are planning on having. Each program consists of between 7 to 9 meditations.

The first few meditations (Meditations 1-5) are to be listened to in the days or weeks before the procedure, Meditation 6 is to be listened to during the procedure, and then there are several meditations (Meditations 7-9) to be done in the days after your procedure.

If you are planning to have sedation or anesthesia for the procedure, you will still benefit from the program, including Meditation 6, which you can listen to as you become sedated for the procedure. It is best to listen to the meditations in the order provided, and it is also recommended to listen to the meditations (except Meditation 6) a couple of times before moving on to the next meditation, that is if time allows.

### Steps to follow:

- First, Download the App on the Apple or GooglePlay Store
  - a. Familiarize yourself with the app layout and sections
  - b. Read the Meditation Positions section, if interested
- 1. Listen to Meditation 1: Introduction and Breathing (one or more times)
- 2. Listen to Meditation 2: Introduction to Mindfulness (one or more times)
- 3. Listen to Meditation 3: The Body Scan (one or more times)
- 4. Listen to Meditation 4: Working with Painful Sensations (one or more times)
- 5. Listen to Meditation 5: Preparing for the Procedure (one or more times)
- 6. Listen to Meditation 6: Meditation for the Procedure (once)
  - Part 1: Listen at home before heading to the doctor's office, or in the doctor's office, before the procedure begins
  - Part 2: Begin listening once you are in the procedure room
- 7. Meditations 7-9: listen to in the days after the procedure

Feel free to repeat any meditation in the program that you find particularly helpful. There are also additional, independent meditations that can be used as needed, like sleep meditations and walking meditations, among others.

Thank you,

The Injectful Team  
[www.injectfulmed.com](http://www.injectfulmed.com)