

Spinal Injection/Nerve Block

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Your health care provider wants you to have a spinal injection to help reduce your pain and improve your symptoms. (A spine injection is also known as a nerve block.)

During a spinal injection, the health care provider will use fluoroscopy (X-ray and contrast) to find the proper place for the needle. Once the location has been found, the health care provider will inject an anesthetic and steroid (medicine) into your spinal canal, spinal joints and surrounding nerves.

The procedure takes about 30 minutes. Plan to be at the hospital or clinic 1 to 2 hours.

What To Tell Your Health Care Provider

Tell your health care provider if you:

- have an allergy to medicine, latex or contrast media (X-ray contrast)
- are pregnant
- have diabetes (Ask for a morning appointment and talk with your health care provider about your medicine needs.)
- take blood thinners (like warfarin)
- take any other medicines.
Check with your health care provider to see if you have special medicine instructions.

Before the Procedure

- You will receive medicine (anesthesia, sedation or both) that will make you sleepy. This will affect your ability to think clearly and make good decisions.

Your Appointment

Hospital/Clinic:

Date: _____

Time: _____ a.m. / p.m.

Please plan to spend at least _____ minutes / hours at the facility.

Phone number:

If you need to cancel or reschedule, please call at least 24 hours before your scheduled appointment.

- For your safety, you will need a responsible adult to drive you home.
- If you had spine X-rays or other tests taken at a different facility, please arrange to have them sent to the hospital or clinic where you are having your procedure.
- Bring a list of your current medicines with you to the procedure. Include all prescription, over-the-counter, vitamins, herbal or natural products.
- You may eat and drink as usual, unless your health care provider gave you other instructions.
- Take your regular medicines. Follow any instructions your health care provider gave you.
- Wear loose clothing.

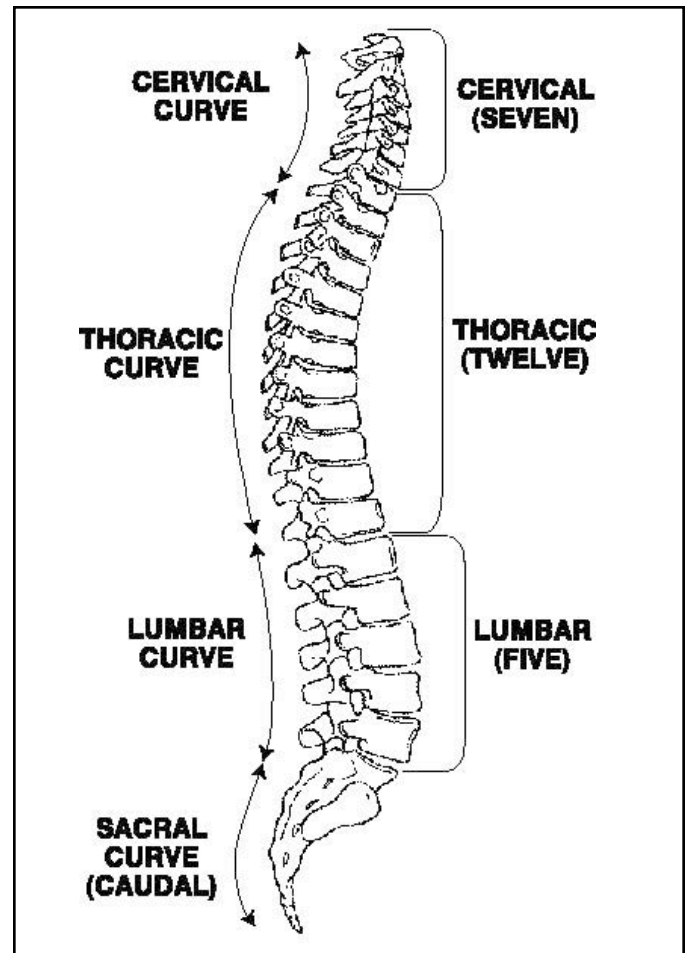
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During the Procedure

- You will be asked to describe your pain on a scale of zero to 10.
- You will be positioned on the X-ray table.
- Using X-ray, the health care provider will locate and mark the injection site.
- He or she will apply a numbing medicine to your skin.
- The health care provider will inject a contrast into your back or neck.
- He or she will carefully insert a needle in the exact spot you need pain relief.
- You will be asked not to move while the medicine is being injected.
- Tell the health care provider if you feel pain in your neck, back, or down your arm or leg.

After the Procedure

- You may feel some tingling or numbness in your legs and feet or arms and hands. This is temporary.
- You will be asked to wait up to 1 hour after the injection so the health care provider see if the injection relieved your pain and to check for side effects.
- For your safety, you will need a responsible adult to drive you home and to stay with you for 24 hours.
- For 24 hours:
 - Do not drive or use any machinery.
 - Do not make important decisions.
 - Do not drink alcohol. (It is also important to not drink alcohol as long as you are taking prescription pain medicine.)
- Avoid any strenuous activity or heavy lifting for the first 24 hours.



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The labeled parts of your spine.

- The anesthetic in the injection will help relieve your pain for 2 to 6 hours. The steroid will take time to work (up to 2 weeks).
- Return to your regular diet and medicines (including pain medicine). Follow any instructions your health care provider gave you.
- After 24 hours you may remove the bandage from the injection site. You may take a shower.

Follow-up Results

- Your health care provider will receive the exam results. He or she will either talk with you about the results or mail you the results.