

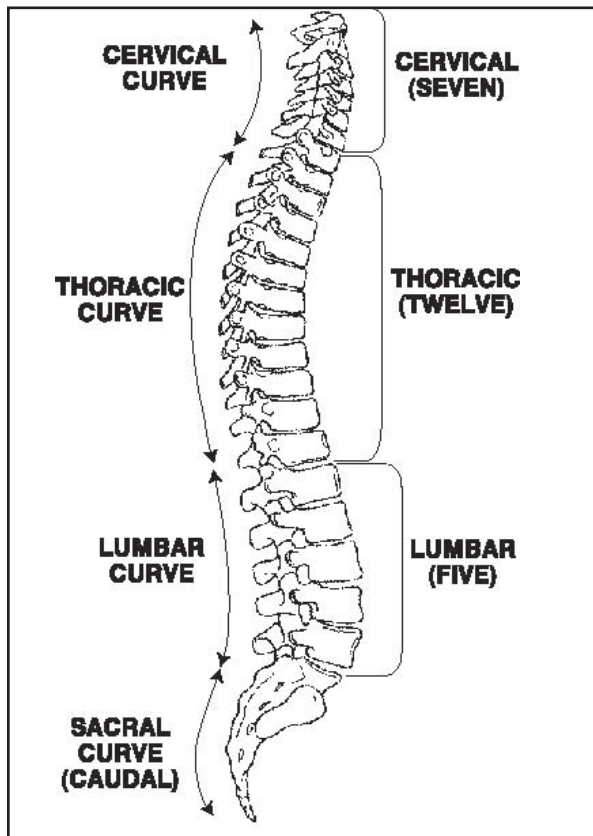
Epidural Steroid Injections

What is an Epidural Steroid Injection?

An epidural steroid injection is a treatment to relieve pain by reducing swelling and inflammation using a medicine called a steroid.

An epidural steroid injection is done using X-ray to help guide your doctor to the correct location. He or she injects small dose of steroid and local anesthetic in the epidural space.

Your injection will be in one of four areas of your spine: cervical, thoracic, lumbar or caudal.



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The four areas of your spine.

Your Appointment

Date: _____

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

With: _____

To cancel, please call the United Pain Center at 651-241-7246 at least 24 hours before your appointment.

How do You Prepare?

- Arrange for someone to drive you home after the injection because you may have some numbness that could make driving difficult.
- If you take blood thinner such as warfarin (Coumadin[®]), heparin, clopidogrel (Plavix[®]) or ticlopidine (Ticlid[®]):
 - Call the Patient Care Line at 651-241-7365 as soon as you schedule your appointment. You will receive special directions.
- Do not eat any solid food for 6 hours before the injection.
- You may drink clear liquids up to 2 hours before the injection.
- Take your regular medicine(s) with a small sip of water.

What Happens After the Injection?

- You'll be in the clinic recovery room for a while as we watch to see if the injection is effective and check for any adverse reaction.
- You may have numbness which could limit your ability to do things like lift weights, raise your hands above your head or operate machinery.
- The anesthetic in the injection will relieve your pain for up to 12 hours. After that, you might have some sore muscles, burning and numbness before the steroid takes effect.
- The injection site might be sore for a few days. You should ice the site three times a day for 20 minutes until the soreness is gone.

It is best to avoid heavy exercise or sitting in one position for long periods of time after your injection. Your discharge instructions will tell you when you may resume normal activities. You can continue your stretching exercises as tolerable.

Will There Be a Follow-up Appointment?

Yes. Before you leave the clinic, a nurse will review your discharge instruction sheet and plans for follow-up.

Are There Complications From an Injection?

Infection is a potential complication. Please call the Patient Care Line at 651-241-7365 if you have any of these symptoms:

- unusual swelling
- pain that gets worse or headache that won't go away
- warmth and redness in the injection area
- nausea (upset stomach) or vomiting (throwing up)
- fever.

Depending on where your injection is, there may be other complications. Your doctor will explain these to you before the injection.

Whom To Call With Questions

Call the Patient Care Line at 651-241-7365 Monday through Friday from 8 a.m. to 4 p.m.