

Epidural Steroid Injection

What is an epidural steroid injection?

An epidural steroid injection (ESI) is an injection of a small dose of anti-inflammatory medication (called a glucocorticoid) into the lower back to relieve pain in your legs or lower back. The medication is injected into an area of fatty tissue surrounding the spinal nerves called the epidural space. By reducing inflammation, an ESI can help reduce your pain. An ESI can be both a treatment and a way to diagnose a specific nerve root problem when there is a question.

What are steroids?

Steroids are a general name for glucocorticoids. The steroid injected is a man-made, synthetic drug that is similar to cortisol, a natural hormone produced in the adrenal gland and brain. Steroids help to reduce pain and inflammation and are used to treat a variety of inflammatory diseases and painful conditions, including lumbar disc herniation.

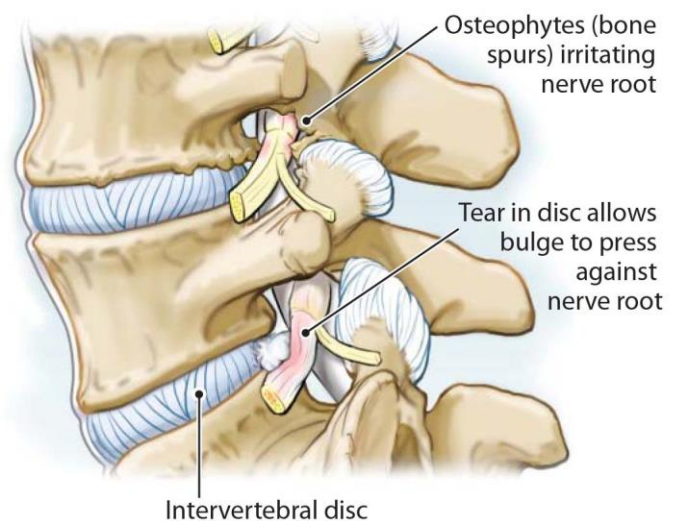
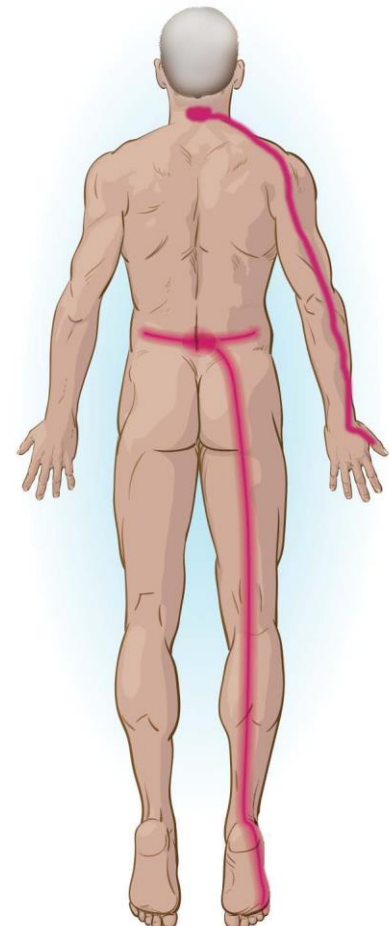
Before the procedure

The potential side effects of an ESI include, but are not limited to:

- Infection
- Bleeding
- Spinal headache
- Temporary leg weakness or numbness

Before the procedure:

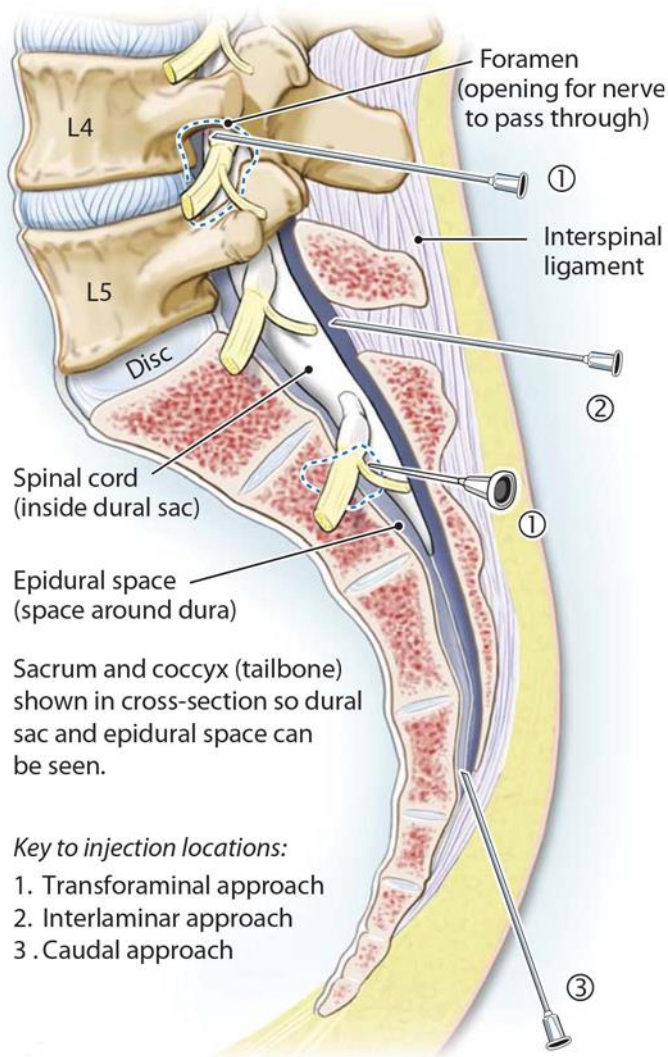
- Let us know if you have bleeding disorders, or if you are using blood thinners like aspirin, Coumadin® (warfarin), Plavix® (clopidogrel), Ticlid® (ticlopidine), heparin, Lovenox® (enoxaparin), Fragmin® (dalteparin),



Aggrenox® (dipyridamole), or NSAIDs (such as ibuprofen, naproxen, nabumetone, diclofenac, etodolac, indomethacin, ketorolac, meloxicam, piroxicam, ketoprofen, oxaprozin), or especially any herbal bloodthinning medications. The above listed medications may increase risk of bleeding complications.

If you take aspirin or Plavix, you will need to stop it 7 days prior to your procedure.

If you take Eliquis or Xarelto, you will need to stop it 3 days prior to your procedure.



If you take fish oil, you will need to stop it 7 days prior to her procedure.

If you regularly take Aleve or Motrin, you will need to stop it 3 days prior to her procedure.

- If you are taking a blood thinner, please call your primary care physician or cardiologist and ask if it is safe to stop the medication. You will be instructed on how to stop it when it is time for your injection. This will decrease the likelihood of bleeding complications. Please inform our staff about any medication changes.

- Please let us know if you have had fevers, antibiotic treatment, any illnesses, or hospitalization within the last 4 weeks. You must be healthy on the day of the procedure. The day of the procedure

- You will be fully awake during the procedure. Sedation is occasionally used.

Discuss with your physician when scheduling the procedure.

- If you have diabetes, your blood sugar numbers may increase. Your primary care physician or our staff will counsel you regarding management. Bring your diabetes medication with you so you can take it after the procedure.

- Continue to take all medications, ESPECIALLY BLOOD PRESSURE MEDICATIONS. Bring all your

medications with you so you can take them as needed after the procedure. Please note: your blood sugar and blood pressure will need to be within a safe range on the day of the procedure.

Summary of Anticoagulant Hold Instructions

You have been provided this list because you have been scheduled for a procedure which requires a hold of anticoagulation therapy. Please refer to this list to know how many days in advance you must stop taking your anticoagulant prior to your procedure.

Remember, do not stop taking your anticoagulant until you have been cleared to do so by the medical provider prescribing that medication to you.

Aspirin/Exedrin (any dose “baby” or otherwise):	7 days
Plavix (clopidogrel):	7 days
Pradaxa (dabigatran):	4 days
Eliquis (apixaban):	3 days
Xarelto (rivaroxaban):	3 days
Pletal (cilostazol):	2 days
Bevyxxa (betrixaban):	6 days
Fish oil:	6 days
Lodine (etodolac):	2 days
Garlic:	7 days
Advil (ibuprofen):	1 day
Arthrotec (diclofenac):	1 day
Indomethacin:	2 days
Mobic (meloxicam):	4 days
Alleve (naproxen):	4 days
Relafen (nabumetone):	6 days
Feldene (piroxicam):	10 days
Effient (prasugrel):	10 days
Ticlid (ticlopidine):	5 days
Vitamin E:	7 days
Turmeric:	7 days
Coumadin (warfarin):	5 days, INR must be obtained day of procedure

If you are on an anticoagulant medication that is not on this list or you are unsure, please talk to your provider.

During the procedure

- The procedure will take approximately 10 to 30 minutes.
- You will be lying face down during the

procedure.

After the procedure

- Pain relief may begin immediately after

the medication has been injected. You may experience a brief recurrence of your former pain until the anti-inflammatory medication takes effect. This may take as much as 7 days after your injection. Apply ice to the injection site to decrease discomfort.

- A bandage may be placed over the injection site.
- **A responsible adult must drive you home.**

You must not drive yourself.

- Some people may experience numbness or an inability to walk for a short time after the procedure. If this occurs after your procedure, a wheelchair can be provided to assist you to the car.

Discharge instructions

- Do not drive or operate machinery for at least 24 hours after the procedure.
- You may eat your normal diet.
- Do not participate in strenuous activity that day.
- You may remove any bandages the morning following the injection.
- You may take a shower. Do not take a bath or sit in a hot tub for 48 hours.
- If you are taking a blood thinner like aspirin, Plavix, Ticlid, Coumadin, heparin, Lovenox, among others, you may re-start it in 24 hours.