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Procedure Information

The doctor will numb your skin with a small needle to help make the procedure more tolerable. After the skin is numb, your doctor will begin to target your area of pain. Once the needle is in the right spot, the doctor will inject more numbing medication, and potentially a steroid based on your diagnosis. The steroid will act as an anti-inflammatory.

Pre-Procedure

- When you arrive, you will check in with registration and will be given a short questionnaire to fill out about your symptoms.
- A staff member will bring you to a suite to verify your health information, medications, allergies, and the intended procedure.
- We will perform a few short tests to be certain the procedure is safe
 - o Blood pressure, heart rate, and oxygen saturation
 - o **Blood sugar – only if** you take insulin products and are receiving a steroid
 - o **INR – only if** you take Coumadin/Warfarin and were asked to hold the medication for the procedure

During the Procedure

- You will be transported to the procedure room where all details will be verified with you, the staff, and your doctor.
- You will see an x-ray machine in the room, which is used to:
 - o Guide the doctor and show important landmarks in the spine
 - o Show the doctor where to inject the drug with the use of contrast dye (please inform the staff if you have a contrast dye allergy)
- You will be assisted onto the procedure table
- Your doctor will clean the skin to help prevent infection
- Your doctor will insert a very small needle to numb the skin
- The procedure is very brief and is tolerated very well
- A Band-Aid is usually placed at the site of the procedure

Post-Procedure

- Staff will check on you to make sure you are doing well
- They will take at least one more blood pressure reading
- The staff will let you go when you feel ready and they feel you're ready (usually 10 minutes or less)