

Epidural Steroid Injection

This procedure involves the injection of a corticosteroid around the nerves of the spine. Problems with your spine can cause swollen nerves in the spinal cord. The steroid acts as an anti-inflammatory to reduce pain in the neck, back, arms, and legs, as well as numbness and weakness.

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)