



## Epidural Steroid Injection Patient Education

### Information:

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.

### **The day of the procedure:**

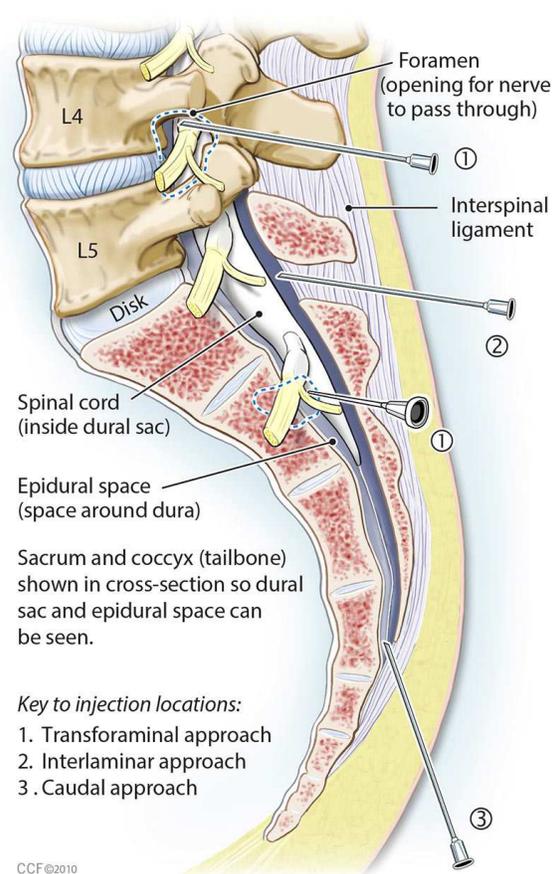
- You will be fully awake during the procedure. Sedation is occasionally used. Discuss with your physician or staff when scheduling the procedure.
- If you have diabetes, your blood sugar numbers may increase. Your primary care physician or our staff will counsel you regarding management. Bring your 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.

### **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. Apply ice to the injection site to decrease discomfort.
- A bandage may be placed over the injection site.
- You will rest, lying down, in a recovery room for 15 to 30 minutes.



- A nurse will check your blood pressure and pulse. The nurse will also discuss your discharge instructions with you.
- 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 24 hours.
- If you are taking a blood thinner like Aspirin, Plavix, Ticlid, Coumadin, Heparin, Lovenox, among others, you may re-start it.

**Occasionally, a situation will require prompt attention and an emergency room visit is necessary:**

- Increasing redness, swelling or drainage from the puncture site.
- Increasing pain or new symptoms
- Any shaking, chills and/or a temperature over 100.3F

**For any questions please contact Oregon Interventional Radiology clinic at 541-618-5801**

**In all emergency situations call 911**