

## EPIDURAL STEROID INJECTIONS

**Exam Time:** 30 Minutes

Most exams require patient to remain 30 minutes post procedure.

Epidural steroid injections provide diagnostic data and pain relief by delivering local anesthetic and anti-inflammatory steroid medications onto the surface of the spinal column. This procedure addresses inflammation, which may result in short term or long-term pain relief while it provides valuable information on the source of the patient's pain.

Patients will be awake throughout the test. A radiologist will position a thin needle in the epidural space. The contrast material will then be injected using fluoroscopic guidance. The medications will be injected next, which may create a pressure sensation in the lower back and/or lower extremities.

### **Preparation/Restrictions:**

- Patient should bring previous films
- Patient will need a driver

### **Please discontinue the following medications 5 days in advance:**

Actron	Daypro	Lodine	Oruvail
Aleve	Dolgesic	*Lovenox	Pamprin -B
Anaprox	Dolobid	Meclomen	Plavix
Ansaid	EC- Naprosyn	Medipren	Ponstel
Aspirin	Excedrin	Midol IB	Relafen
Bayer	Feldene	Mobic	Rufen
Buffets	Genpril	Motrin	Tolectin
Cataflam	Goody's Powder	Nalfon	Trendar
Clinoril	Haltran	Naprelan	
Cotylbutazone	Ibifon	Naprosyn	
Coumadin	Ibuprofen	Nuprin	
Cramp End	Indocin	Orudis	

\*Stop 12 hours prior

**Side Effects:** Side effects of the steroid medications, which affect only 5% of patients and disappear within 1-3 days, include facial flushing, insomnia, occasional low-grade fever, and increase in blood sugar. Patient may also experience numbness in the lower extremities after the procedure.

Due to the effects of certain medications, the patient's driving reflexes may be impaired. He/She should arrange in advance for a driver.