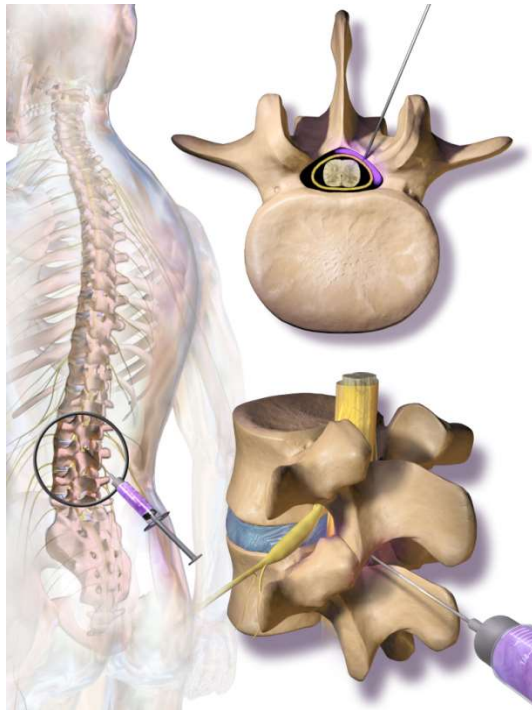


EPIDURAL STEROID INJECTION



An epidural steroid injection is a common treatment for back pain due to spinal stenosis, herniated disc, or sciatica. Corticosteroid medication is injected into the epidural space of the spinal column. A local anesthetic is used to numb the site before a spinal needle is inserted. .

The corticosteroid medication is injected along with anesthetic to help shrink swelling around nerve roots and relieve associated pain.

After The Procedure—What To Expect:

- You may experience slight numbness and/or possibly relief from your symptoms for up to six hours after the injection
- The beneficial effects of the steroids usually require two to three days to take hold, but may take as long as five to seven days. If there is no change in your symptoms after a few weeks, your doctor may want to investigate other possible sources for your pain
- If an initial injection provided a certain amount of relief, a second injection might improve the pain relief effect. Also, if your pain subsides, but begins to return weeks or months later, additional injections—up to four a year—are possible
- Keep track of how long relief lasts and report it to your physician. If there is no change in the pain, then investigation can be focused on other possible sources of your pain. In either case, the information is useful to the doctor who referred you for this procedure.

Possible Side Effects:

- Epidural Steroid medications rarely cause facial flushing, occasional low-grade fevers, hiccups, insomnia, headaches, water retention, increased blood pressure, increased appetite, increased blood sugars. If you have diabetes, please monitor your blood sugar at least once a day for 5 days
- These side effects occur in less than 5 percent of patients and commonly disappear within one to three days after the injection

Discharge Instructions:

- If you've had an epidural steroid injection, you should have a relaxing remainder of the day. You should limit your activities. We do not recommend that you go back to work or do any major physical activity or air travel that day
- Keep a written pain diary of how much pain relief you experienced following the injection procedure and the length of time you experienced pain relief
- For all injections please keep the injection site dry and inspect the site for a couple of days. You may remove the dressing that evening or the next morning
- Some discomfort, bruising or slight swelling may occur at the injection site. This is not abnormal. If needed you may:
 - Take over the counter medication such as Tylenol (acetaminophen)
 - Apply an ice pack for 30 minutes, 2 – 3 times a day for the first 24 hours
- You may shower later today, no soaking baths, no hot tubs, no swimming for two days
- If you take non-steroidal anti-inflammatory drugs (examples are Motrin/Advil/Ibuprofen, Naprosyn/Aleve) you may restart these this evening, but stop taking it 3 days before your next appointment, unless otherwise instructed by your physician
- You do not need to discontinue non-aspirin containing pain medications prior to an injection (examples: Celebrex, tramadol, hydrocodone and acetaminophen). You may continue taking ASA if it has been prescribed for you.
- If you take blood thinning medication (Coumadin, Plavix, Ticagrelor, Dabigatran, Apixaban, Rivaroxaban, Dalteparin, etc.) please discuss when these medications must be held before you can have an injection safely, without the risk of uncontrolled bleeding. If these medications are not discontinued for an appropriate period of time, you **WILL NOT** be able to receive an injection.
- Call your family MD if you are experiencing the following:
 - Headache that does not go away with medicine, is worse when sitting or standing up and is greatly relieved upon lying down
 - Severe pain, worse than or different than your baseline
 - Chills or fever
 - Drainage or signs of infection at the injection site

IMPORTANT: Boundary Trails Health Centre has requested that epidural injections be done at the clinic instead of in ACC. We are fully supportive of this and have worked with BTHC to make this transition. This will require that you pay a \$30.00 fee to cover expenses related to the drugs and supplies utilized.

-CWMMC