

Inject

Information Sheet for Epidural Steroid Injections

Crestwood Hospital - Outpatient

Huntsville Hospital (Main / Women - Children)

The Surgery Center

Your Injection Appointment: _____ Arrival Time: _____

Your Follow-Up: _____

DO NOT EAT OR DRINK ANYTHING 8 HOURS PRIOR TO PROCEDURE

Please arrange for someone to drive you home after the procedure.

Please leave all jewelry and valuables at home.

IMPORTANT: DO NOT stop taking your blood pressure, cardiac (heart) medications, or insulin.

- Plan on spending 2-3 hours at the hospital (registration, procedure, and observation).
- Advise your doctor if you are currently being treated for an infection.
- If you are taking any “blood thinners”, including aspirin, notify your doctor. Examples: Coumadin, Persantine, Lovenox.
- You will need to sign a consent form at the hospital for your injection.
- Please advise the nurse at the hospital if you have allergies to any medications.
- You will be kept on a gurney for 30 minutes after the procedure for observation.
- Ask your doctor when to resume physical therapy (if applicable) after the injection (usually 3-5 days).
- The cortisone used during the block will take 7-10 days to begin working and relieve the inflammation and swelling in your back.

A follow-up should be scheduled with your doctor after your injection (usually 2 weeks after the procedure).

YOU MAY EXPECT SOME DISCOMFORT FOLLOWING A BLOCK, SOME (but not necessarily all) SYMPTOMS THAT YOU MAY EXPERIENCE ARE:

Lumbar Epidural or Caudal Injection:

- Increased low back pain for several days
- Improvement in your pre-block leg pain may not be noticed for the first 2-3 days, it may be delayed for up to 21 days.

To help relieve your pain during the first 1-2 days after your block, place an ice pack on the injection site for up to 20 minutes at a time, several times a day. Take your pain medication as needed and resume your anti-inflammatory medication, if previously ordered.

CALL THE OFFICE IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- Skin rash
- Fever - Temperature over 101°
- Chills
- Severe headaches that disappear when lying flat and occur when standing up or headaches that are accompanied by nausea or vomiting
- Large area with redness and warmth to the touch at the injection site



Toll Free Spine Care Hotline:

1.877.957.7463 (1.877.95 SPINE)

42040-38 0214