

Patient Instruction Sheet for Epidural Steroid Injection St Thomas Outpatient Neurosurgical Center

You are scheduled for an epidural steroid injection. The steroid (cortisone) may decrease the inflammation and swelling of the nerves in your spine and surrounding tissues. This may relieve your pain. Your physician may order 1, 2 or 3 injection(s). Time between injections is usually two-three weeks. An epidural steroid injection (ESI) is a very common procedure.

We perform the ESI using local anesthesia (numbing medicine) and under x-ray guidance.

We do not give IV sedation. If you feel sedation is needed, discuss with your referring physician so other arrangements can be made.

PRIOR TO PROCEDURE:

- If are taking “blood thinning” medications, **we must have a letter from the prescribing physician giving permission for you to stop the medication for the appropriate time period. *Do not stop your medication until you have discussed this with your doctor and have written permission.*** The letter can be faxed to us at 615-341-3427.

Ticlid (ticlopidine)	Must be stopped 14 days prior to procedure
Effient (prasugrel)	Must be stopped 10 days prior to procedure
Plavix (clopidogrel) Pletal (cilostazol)	Must be stopped 7 days prior to procedure
Coumadin (warfarin) Dicumerol /dicumarol Elmiron	All of these must be stopped 5 days prior to procedure
Pradaxa (dabigatran etexilate) Persantine (dipyridamole) Aggrenox	Stopped 3 days prior to procedure
Heparin	Must be stopped 24 hours prior to procedure
Lovenox	Must be stopped 24 hours prior to procedure
Aspirin	Stopped 3 days prior to procedure only if taking one of the above medications.

- **Do not stop your medication until your procedure is scheduled.**
- Aspirin and NSAID (Advil, Ibuprofen, Motrin Naprosyn, Feldene, etc) may be continued if no other anticoagulants are being administered. If on an anticoagulant that is being stopped, discontinue aspirin 3 days prior to procedure and NSAID 1 day prior.
- **If you are on a blood thinner not listed, contact the facility for instructions.**
- If there is a possibility you could be **pregnant**, inform the center prior to your procedure.

- If you are allergic to **iodine, x-ray dye, or seafood**, inform the center prior to your procedure. If you have a **Latex allergy**, please notify the facility
- **You must have a driver to drive you home.** Procedure will be cancelled if you do not have a driver. This is for your safety and the safety of others.
- Please **arrive 30min before your appointment time.** This allows us time to complete the necessary paper work and nursing assessments prior to the procedure. (be sure to allow driving time for Nashville traffic).
- When you arrive for your procedure, register on the **9th** floor, Suite 901. A family member may accompany you to the procedure area. ***No children under 16 are allowed in the procedure area.***
- You will be lying on your abdomen for the procedure. If you are unable to be in this position, notify the center prior to your procedure

AFTER THE PROCEDURE

- Rest in whatever position is most comfortable.
- Take your regular medications as prescribed **except** for the blood thinning medications: **resume Coumadin at bedtime on day of the procedure. Resume all other blood thinning medications the day following your procedure, unless directed to do otherwise by prescribing doctor.**
- Some patients feel an increase in the usual pain for a few days. Steroids usually begin to work in 3-5 days and takes 10-14 days to reach maximum effect.
- Notify us (St Thomas Outpatient Neurosurgical Center) at 615-327-9543 or go to nearest emergency room if you develop **fever, chills, new arm or leg weakness, new arm or leg numbness, severe pain, headache or loss of bowel/bladder control.**

We ask that you do not wear perfume or cologne when coming to the facility.

**St Thomas Outpatient Neurosurgical Center
4230 Harding Road
Nashville, TN 37205**

615-327-9543 ext 3425

(If you have not been contacted by a nurse 1-2 days prior to your procedure, please call the facility @ the number above.)