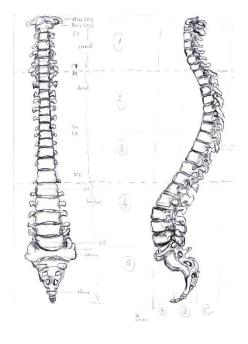


EPIDURAL STEROID INJECTION

Information Sheet for Patients

What is an epidural steroid injection? An epidural steroid injection can help relieve pain in the neck, arm, low back and leg (sciatica) caused by swelling and irritation of the spinal nerves. An epidural steroid injection involves bathing the irritated spinal nerves with steroid (anti-inflammatory medication) and a local anesthetic (numbing medication). During this treatment, medication is placed into the epidural space, where the spinal nerves exit the spine. If the pain is significantly improved after the injection, no further injection is usually needed. Pain relief may be very long-lasting. However, it is not unusual to need more than one injection to get pain relief and/or longer benefit.



What is the goal of epidural steroid injection? The goal is to provide pain relief so that you are able to resume normal activities. This can help you to improve your pain and more importantly restore your function.

What happens before treatment? You will be escorted to a room where a nurse will conduct a pre-procedure interview. The physician who will perform the injection will review your medical history, previous imaging studies, physical exam and current medications to help plan the best approach for the injection.

What to do after the injection? You can have increased pain for several days after the injection is done, use ice for pain relief over the area. Please note it can take 7-10 days for pain relief. Watch the site for any signs of infection including redness, swelling, drainage or fever please report any of these symptoms to your doctor. If you develop other symptoms such as shortness of breath, loss of control of your bowels or bladder or new numbness please report these symptoms right away or go to your nearest emergency room. If you are diabetic please know that steroid can increase your blood sugars temporarily call your primary care provider for instructions. If you are taking blood thinning medications your doctor will tell you when it is safe to resume those.