



PATIENT INSTRUCTION SHEET FOR EPIDURAL STEROID INJECTION

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 you 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 201-215-6992.

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

Do no stop your medication until your procedure is schedule

Aspirin and NSAID (Advil, 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 that is not listed contact the facility for instructions.

If there is a possibility that you are 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 are allergic to Latex 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 1 hour before your appointment time, this allows us time to complete the necessary paper work and nursing assessments prior to the procedure.

You will be lying on your abdomen for the procedure, if you are unable to be in this position, notify the center prior to procedure.



AFTER PROCEDURE

Rest in whatever position is most comfortable.

Take your regular medications as prescribe 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 day and takes 10-14 days to reach maximum effect.

Notify us (NJ Pain and Spine) at 201-215-6970 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.