

Epidural Steroid Injections

Injection of powerful anti-inflammatory medications in the area of an injured spinal disc is called an *Epidural Steroid Injection*. *Epidural* refers to the depth in the spinal canal where the medication is injected. *Steroid* refers to a type of anti-inflammatory medication similar to *cortisone* that is injected.

This injection is performed primarily to relieve irritation of a nerve as a result of disc injury in the low back, mid-back, or neck. It can be very helpful for symptoms of nerve pain like sciatica (from lumbar nerve irritation) and arm pain (from cervical disc injury). Epidural injections are very helpful for nerve related leg and arm pain of spinal origin.

Before the procedure, you should have nothing to eat for 4 hours before the injection. If you are having intravenous sedation for the procedure, you may only have sips of water during the 4 hours prior. If you will not have intravenous sedation, you may have clear liquids including black coffee, but no solid food for the 4 hours prior.

Please confirm with us if you have diabetes, take blood thinning medications, or have experienced a reaction to iodine-containing medications (used for some x-rays.)

After the procedure, you may have soreness at the site of the injection and experience mild worsening of your usual pain for a couple of days. If you have diabetes, your blood sugar may be elevated for several days after the injection. You will be instructed on resuming blood thinners. You should rest the day of the injection, but no specific restrictions are necessary.

If you have fever, chills, new numbness or weakness, substantial worsening of your pain, or other troubling symptoms, please call our office at any time at 707-252-9660.