

## What are the potential side effects of the injection?

Most injections will cause you to have local soreness near the injection area. Later side effects are related to the steroid. These side effects can include elevated blood sugar and fluid retention in people who are prone to retaining fluid.

## What are the potential complications of the procedure?

- Dural sac puncture, which can cause headaches
- Bleeding
- Infection
- Nerve or spinal cord injury
- Allergic reaction to the medication or dye

## What should I expect after the procedure?

After your injection, we will provide you with discharge instructions that the nurse will review with you.

Please keep track of your pain response and report it to your provider at your next visit.

If you have questions about your procedure please call the Pain Clinic:  
**802 748-7345**

If you speak another language, language assistance services, free of charge, are available to you. Ask for assistance.

Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Demandez de l'aide.

Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Pedir ayuda.



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## THE PAIN CLINIC

## INFORMATION FOR OUR PATIENTS

# Epidural Steroid Injection

## What is an Epidural Injection?

An epidural injection is an injection of steroid into the epidural space. The epidural space is located in the spine between the vertebrae and the dural sac, which surrounds the spinal cord.

## What is the purpose for it?

A steroid is a medication that reduces inflammation. The pain caused by the inflammation may then be reduced by the steroid.

## Before the procedure:

If you are taking blood thinners, antibiotics, steroids, have an active infection, or have a bleeding disorder, you should not have the procedure without further discussion and a plan.

Based on your risk factors for heart attack or stroke, your Pain Clinic provider will advise you on whether you need to stop aspirin or non-steroid anti-inflammatory drugs (NSAIDs) prior to your procedure.

This injection includes the use of a steroid that may elevate your blood sugar after the procedure. If you have diabetes, your blood sugar should be under control the day of the procedure and you should have a plan to cover your blood sugar if it's elevated after the procedure.

Please let us know if you have allergies, especially to local anesthetics, contrast dye, and latex.

**You will not be able to drive after the procedure.** Please make sure that you have a driver to take you home. Your procedure will be rescheduled if you do not have a driver.

## How long does the procedure take?

The procedure takes approximately 15 minutes. Expect the total appointment time to be approximately 45 minutes.

## How is the injection performed?

The procedure is performed under x-ray guidance while lying on your stomach.

We will monitor your blood pressure, heart rate, and the amount of oxygen in your blood. We will clean your skin with

antiseptic solution. A local anesthetic is used to numb your skin and then the injection is performed.

## How will I feel after the injection?

You may have a sore back for a few days after the injection. Using an ice pack 20 minutes every two hours will help the soreness. If a local anesthetic is injected into the epidural space, you may experience weakness or numbness in the legs for a few hours.

## How long does the effect of the injection last?

The steroid may start having an effect in one to ten days. If it works, the effect can last for several days to a few months or longer. It is possible that you will not get any relief from the injection.

## How many injections can I have in a year?

The number of injections you can receive will depend upon the cause of your pain and whether or not you have other health problems.