



Marin General
Hospital

A Sutter Health Affiliate

Special Procedures
415-925-7334

Epidural Injection

Your doctor has ordered a test called an epidural injection. The purpose of this message is to answer “frequently asked questions”. On the day of your procedure, the radiologist will talk with you and give a more detailed explanation. Additionally, he will discuss with you the risks, benefits and alternatives. After your questions have all been answered and you agree to proceed with the procedure, you will be asked to sign a consent form.

Purpose of the test

Inflammation of the epidural space can cause back pain. Inject of steroids may eliminate this inflammatory process and thus decrease your back pain.

How the test is done

The procedure is done in a room called Special Procedures. You will lie on your stomach and the RN will start an IV and place you on a heart and blood pressure monitor. The technologist will paint your back with an antiseptic solution and drape your back with sterile linen.

The radiologist will use local anesthetic to numb your skin. He will then place a needle through your skin and muscle tissue into the epidural space and inject Lidocaine and steroid. At completion of this procedure you will be taken to the Recovery Room for approximately 30-60 minutes.

Preparation

- No nonsteroidal anti-inflammatory medications (NSAIDs) for 3 days prior to procedure (includes: Motrin, Advil, Feldene).
- No pain medication within four (4) hours of your procedure.
- No Coumadin 3 days prior to procedure. **DO NOT STOP TAKING THIS DRUG WITHOUT CONSULTING WITH YOUR PRIMARY DOCTOR FIRST.**
- **YOU MUST HAVE SOMEONE DRIVE YOU HOME AFTER THE PROCEDURE.**
We will cancel/reschedule your procedure if you do not have a driver.
- Please arrive 30 minutes before your procedure.
- Nothing to eat or drink for 8 hours prior to procedure (this includes water). If you need to take medication other than those stated above (for example, blood pressure medicine) you may take them with a sip of water.

Please have pain medication available at home as you may have pain after this procedure and the radiologists usually do not prescribe discharge pain medication.