



Marin General
Hospital

A Sutter Health Affiliate

Special Procedures
415-925-7334

Nerve Root Injection (Cervical)

Your doctor has ordered a test called a nerve root 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

The nerves may be inflamed because of a herniated disc or some type of process that decreases the space in which the nerve sits. Using your MRI and x-ray guidance the radiologist will place a needle adjacent to the nerve root and inject a pain-killer (Lidocaine) and a steroid. The pain-killer will give you short-term, immediate relief. The steroid will give you pain relief by eliminating the inflammation.

How the test is done

The procedure is done in a room called Special Procedures. You will lie on your back and the RN will start an IV and place you on a heart and blood pressure monitor. The technologist will paint your neck with an antiseptic solution and drape your neck 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 nerve root area that is causing your pain. When he reproduces pain in the area in which you experience pain, he will inject the Lidocaine and steroid. A different needle will be used for each level of nerve root that your doctor has ordered. At completion of this procedure you will be taken to the Recovery Room for approximately 30-60 minutes.

Preparation

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- 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.