

The UAB Pain Treatment Clinic

LUMBAR EPIDURAL STEROID INJECTION



Disc Problems, Spinal Stenosis, and Chronic Back Pain

The epidural space is immediately outside the protective membrane (dura) of the spinal cord and nerves. When these nerves are compressed by ruptured discs, spine abnormalities, or spinal canal narrowing, the spinal nerves become pinched and inflamed. This is a common cause of back pain. This pain will occasionally radiate or shoot to the legs or feet.

The inflammation in these nerves can be relieved by placing steroid and numbing medication (local anesthetic) right next to these nerves in the epidural space.

Although one injection may relieve your pain, most patients need the procedure repeated up to three times. Most patients receive more pain relief with every injection.

The Procedure

The patient is placed face down on the procedure table. An IV is started and sedation is given to provide relaxation and relieve anxiety. The back is cleaned with a germ-killing solution to prevent infection. Next, the skin on the back is injected with numbing medicine (local anesthetic). A needle is guided into the epidural space using X-ray guidance. After proper placement of the needle is confirmed, the steroid and numbing medicine will be injected.



Side Effects and Risks

- ✓ Bleeding and infection
- ✓ Pain or soreness at the injection site
- ✓ Temporary weakness of the legs
- ✓ Spinal headache
- ✓ Nerve damage
- ✓ Injection of medicine into the blood vessel
- ✓ Increase in blood sugar
- ✓ Decrease in immunity

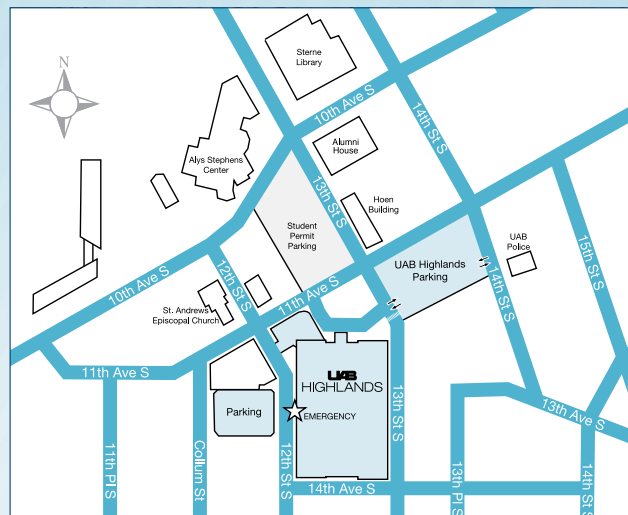
The Day of Your Procedure

- Do not eat or drink anything for six hours before the procedure since this increases your risk of nausea and vomiting.
- Please have a driver accompany you to your appointment. Your driver must stay through the duration of your appointment. If you do not have a driver, your appointment will be rescheduled.
- Follow the directions your doctor gave you concerning your blood thinners (including Coumadin, Plavix, Lovenox, Ticlid, Pletal, and Pradaxa). They increase your risk of bleeding.
- If you are not feeling well or have been placed on antibiotics since your last appointment with us, please call us before your procedure.
- You may not be able to receive your block if you do not follow these recommendations.

After the Procedure

You will stay in the recovery area for about 30 minutes. You may then go home with your driver.

Notify the clinic or go to the emergency room if your pain worsens, you have leg weakness, or if you have difficulty with your bowel or bladder.



The Pain Treatment Clinic

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- We are located on the 3rd floor of UAB Highlands.
- Entrance to the Pain Treatment Clinic is located next to the Emergency Room entrance.
- Free parking is across the street in the deck.