

ILIOPSOAS INJECTION with fluoroscopy

<i>What is it?</i>	A Iliopsoas steroid injection is an injection of a steroid into the Iliopsoas muscle which refers to the joined psoas and iliacus muscles of your hip region. This muscle joins to the femur (leg bone) at the lesser trochanter (bony protuberances at which muscles are attached to the upper portion of your thigh bone at your hip).
<i>Why is it done?</i>	The steroid medication injected will help reduce the inflammation and /or swelling around the nerves that pass near or through the Iliopsoas muscle. This in turn may reduce your pain, numbness, tingling or other symptoms that may contribute to nerve inflammation, irritation or swelling.
<i>How is it done?</i>	When you are in the procedure room, you will be asked to lie down on a cushioned x-ray table. A fluoroscope (x-ray machine) assists the provider in visualizing the hip joint, and the Iliopsoas muscle lies just above this. After visualization, small needle is placed into the skin and positioned into the muscle. A small amount of a solution of local anesthetic (numbing medication) will then be injected. After that is done, a small amount of x-ray contrast will be injected to confirm placement through the small needle. Once proper placement has been confirmed, the remainder of the numbing medication and cortisone derivative (anti-inflammatory) will be injected into the muscle. A small band aid is applied, after procedure is complete and may be removed at your discretion.
<i>What to wear?</i>	Please wear loose, comfortable clothing and leave all jewelry and other valuables at home.
<i>How long will it take?</i>	Please arrive 30 minutes before your appointment time. The procedure lasts about 15.
<i>Can I drive home from the procedure?</i>	YES, you can drive yourself home after the procedure.
<i>Can I eat before?</i>	Yes we encourage you to eat a normal breakfast and or lunch.
<i>Should I stop taking aspirin?</i>	No.
<i>Can I take my medications?</i>	Yes
<i>What are the possible side effects of steroid medication?</i>	Administration of steroid medication can cause side effects. They include, but not limited to: hyperglycemia (increased blood sugar), sweats, hot/cold flashes, flushing of the face, hypertension (increased blood pressure), osteoporosis, insomnia, mood swings and Cushing's Syndrome.
<i>Risks of this procedure include, but are not limited to:</i>	<ul style="list-style-type: none"> * Pain in the area where the needle(s) was inserted. The pain can last for two to three days and can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol. * Bleeding, infection and/or bruising in the injection area. Increased pain * A reaction to the contrast dye. These reactions usually do not require further treatment. However, a reaction to the contrast dye may result in sneezing, hives, swelling of the face and throat, respiratory difficulties and shock. Medication and/or respiratory assistance may be required, or if severe transport to the emergency room. * A reaction to the local anesthetic including but not limited to: allergic reaction to the anesthetic medication, loss of consciousness, depressed breathing and cardiac arrest resulting in transport to the emergency room. * Temporary numbness or weakness in one or both legs. This is normal. * Nerve damage, paralysis, stroke and even death.

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PLEASE SEE THE BACK FOR YOUR INSTRUCTIONS

Instructions Regarding your procedure
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Will I receive a pre-procedure phone call?	A nurse from our office will call you 24-48 hours prior to your procedure. She will ask you a few important medical questions, AND she will confirm your appointment. We must have a verbal confirmation from you 24-48 hours prior to your procedure. Failure to return our call could result in your procedure being cancelled or rescheduled.
Where can I obtain more procedure information?	Please visit our website www.nyspineandwellness.com . It contains demonstrations of some of the procedures we offer. We also have other helpful information.
Can I drive home from the procedure?	<input type="checkbox"/> You MUST be accompanied by a competent adult who will drive you home after the procedure. Your driver should remain on site. You must NOT drive or operate heavy machinery for 24 hours. <input type="checkbox"/> You can drive yourself home.
Can I eat breakfast or lunch?	Yes, you can eat a light breakfast or light lunch
Should I stop taking aspirin?	If you take ASPIRIN or products containing ASPIRIN for PAIN or HEADACHES , you MUST STOP 7 days prior to procedure. Products include but are not limited to: EXCEDRIN, FIORINAL, AND ALKA SELTZER, etc).
Can I take the aspirin prescribed for <u>cardiac</u> and or <u>stroke</u> prevention?	<input type="checkbox"/> Yes, you can continue to take your aspirin for cardiac or stroke prevention, not to exceed 325mg per day.
Can I take my blood thinner?	Yes you may.
Can I take my other medications?	Yes, take your medications as you normally do. If you have any questions about this please call our office
What time is my procedure?	You will receive a phone call one or two business days prior to your procedure to remind you of the time you should arrive for your procedure (usually 30-40 minutes prior to the scheduled time) and the location. PLEASE BE ON TIME. *some patients may receive a call to confirm insurance information.
How long will it take?	15 minutes.
What do I bring?	You must bring the following <u>each time</u> you have a procedure: 1. Your current insurance information 2. A written list of all your current medications including the strength and frequency you take them. Please include over the counter medication, vitamins and herbal supplements.
What shall I wear?	Please wear comfortable loose fitting clothing.
Can I wear jewelry?	No. Please leave all jewelry and other valuables at home. We are unable to store them safely. Any body- piercing jewelry must be completely removed, as this may interfere with the x-ray machine.
What do I do if I am ill or have to cancel?	Please call the office 24 hours in advance if you are unable to keep your appointment. (315) 552-6700. We do charge patients for failing to show for their appointments