

## BLOOD PATCH

<b><i>What is it?</i></b>	A blood patch is a procedure performed for treatment of a persistent headache (spinal headache) and nausea that sometimes occurs up to 5 days after spinal injection. This headache is often described as a headache with neck pain and can be accompanied by nausea. It is more severe when you are upright and diminishes when you lie down. The blood patch is an injection of a small quantity of autologous (your own) blood into the hole in the dura ( the outer membrane of the spinal cord) that was created by the needle at the time of your lumbar injection, which help seals the hole in the dura..
<b><i>Why is it done?</i></b>	Conservative management includes adequate hydration to increase CSF (cerebrospinal fluid) production. The patient consumes caffeinated beverages such as Mountain Dew, Coke, or coffee, to produce a vasoconstriction (narrowing of the blood vessels) and try to increase CSF pressure. If conservative treatment fails a blood patch may be required. When a blood patch is completed, many patients feel relief from the headache very quickly, and even immediately.
<b><i>How is it done?</i></b>	Prior to the start of the procedure an intravenous (IV) catheter (tube) is placed in your vein. When you are in the procedure room, you will be asked to sit or lie on your side on the padded procedure table. The doctor will use a small needle to inject a local anesthetic (numbing medication) to numb the skin, this may sting a little. Next, a needle is inserted into the same space or a space just next to the space that was used for the lumbar injection. While the doctor places the needle in your spine, a nurse will be obtaining a few ounces of blood from your arm. The doctor will inject the blood, then the blood will clot around the hole to create a patch and stop CSF from leaking. You will feel slight discomfort or pressure during the injection. The needle is removed and a small band aid is applied. You may be asked to lie flat for up to two hours after the procedure.
<b><i>Is there any preparation?</i></b>	No preparation is required.
<b><i>What to wear?</i></b>	Please wear loose, comfortable clothing. Please leave all jewelry and other valuables at home.
<b><i>How long does it take?</i></b>	We ask that you arrive 30-45 minutes before the scheduled time of your procedure. The procedure lasts about 15 to 30 minutes, and you will be in the recovery area about 20 minutes.
<b><i>Risks</i></b>	The risks of this procedure include , but are not limited to : *Pain in the area where the needle(s) was inserted, this can last for two to three days. This can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol. * Temporary numbness or weakness in one or both legs. This is normal. You should have assistance with walking and should not drive for 24 hours. * Bleeding in the injection area. * Infection in the injection area. * Increased pain * Nerve damage, paralysis, stroke and even death.

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**PLEASE SEE THE BACK FOR YOUR INSTRUCTIONS**

**Instructions Regarding Your Procedure**  
**BLOOD PATCH**

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, <b>AND</b> she will confirm your appointment. We must have <b><u>a verbal confirmation from you 24-48 hours prior to your procedure.</u></b> Failure to return our call could result in your procedure being rescheduled. The number to call us back is: (315) 703-3480
Where can I obtain more procedure information?	Please visit our website <a href="http://www.nyspineandwellness.com">www.nyspineandwellness.com</a> . 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 <b>MUST</b> have a ride home, and your driver should remain on site. You must not drive or operate heavy machinery for 24 hours.
Can I eat Breakfast? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Yes, you can eat a light breakfast or light lunch  <input type="checkbox"/> No, <b>DO NOT EAT OR DRINK</b> for <b>4</b> hours before your procedure. However, you may take your medicine but only with a <b>small sip of water.</b>
Should I stop taking aspirin?	If you take ASPIRIN or products containing ASPIRIN <b>for PAIN or HEADACHES</b> you <b>MUST STOP</b> 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"/> LUMBAR: Yes, <b>HOWEVER</b> You need to <u>limit the daily dose to 81 mgs per day</u> for the 7 days prior to the day of the procedure. <input type="checkbox"/> CERVICAL : We will contact your prescribing physician to obtain medical clearance to STOP your aspirin. We will call you with the instructions.
Can I take my blood thinner? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Our provider has advised you on the number of days to hold the blood thinner you take. <input type="checkbox"/> Our provider will have to contact the Doctor who has prescribed the blood thinner for you to learn how long it is safe for you to be off the medicine prior to your procedure. One of our nurses will call you when we have obtained that information.
Can I take my other medications? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Yes, except for <b>blood thinners.</b> <input type="checkbox"/> Yes, only with a <b>small sip of water,(you must not take your blood thinner)</b>
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. <b>PLEASE BE ON TIME.</b> <i>*some patients may receive a call to confirm insurance information.</i>
How long will it take?	We ask that you plan <u>1½ -3 hours</u> from the time you arrive at the center to the time you are discharged. Please understand that circumstances sometimes arise that are out of our control, which cause a longer delay. Please plan accordingly.
What do I bring?	You <b>must</b> bring the following <u>each time</u> you have a procedure: 1. Your current insurance information 2. <b>A written</b> list of all your current medications <b>including the strength and frequency</b> 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 no shows.