

### Lumbar Transforaminal Block (Selective Epidural)

<b><i>What is it?</i></b>	A lumbar transforaminal block procedure is an injection performed on the spine. A fluoroscope (x-ray machine) assists the physician in locating the nerve roots that are thought to be inflamed and contributing to your pain.
<b><i>Why is it done?</i></b>	This procedure is done to relieve pain that radiates from the back to the leg(s). Examination and/or test results (MRI, EMG) show evidence of nerve root entrapment or injury. Nerve root entrapment can be caused by a herniated (ruptured) or bulging intravertebral disc (cushion between vertebrae), arthritis or bony spurs (protrusions) in the back. Some patients develop scar tissue that compresses a nerve after back surgery.
<b><i>How is it done?</i></b>	You will be positioned face down on a cushioned x-ray table, and a pillow will be placed under your stomach area, providing comfort and rounding out the back. A small needle is used to inject a local anesthetic (numbing medication) to numb the skin. Next, a small needle is placed. Dye may be injected so that the position of the needle tip in the neural foramen (the hole where the nerve root exits) can be confirmed with the assistance of fluoroscopy (x-ray machine). The dye will spread along the nerve root itself and into the space surrounding the spinal canal. Once correct placement is confirmed, a solution of local anesthetic and a cortisone derivative (anti-inflammatory medication) is then injected. The needle is removed and a small band aid is applied.
<b><i>Is there any preparation?</i></b>	You may receive conscious sedation. Conscious sedation is medication given through an intravenous (IV) catheter (tube) in your arm. The medication will help you relax, but it will not put you to sleep. If you opt to have conscious sedation, you <b>MUST NOT EAT OR DRINK</b> for <b>4</b> hours before your procedure. You may, however, take your medication with a <b>small sip of water</b> .
<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 15 minutes.
<b><i>Risks of this procedure include, but are not limited to:</i></b>	<ul style="list-style-type: none"> <li>* Pain in the area where the needle(s) were 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.</li> <li>* An allergic reaction to the local anesthetic or dye. Most allergic reactions do not require further treatment.</li> <li>* If you ever had an allergic reaction to contrast or anesthesia, you must tell your doctor before the procedure is done.</li> <li>* Tell your doctor if taking blood thinners, have a blood disease that affects clotting, have a bowel obstruction and or have an uncontrolled infection.</li> <li>* 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. If the temporary numbness or weakness persists, please contact your doctor.</li> <li>* Bleeding in the area of the injection due to damage to blood vessels.</li> <li>* Infection in the area of the injection.</li> <li>* Increased pain.</li> <li>* Nerve damage, diarrhea, paralysis, stroke and even death</li> </ul>

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**PLEASE SEE THE BACK FOR YOUR INSTRUCTIONS**

**Instructions Regarding Your Procedure**  
**Lumbar Transforaminal Block (Selective Epidural)**

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 a <b>verbal confirmation from you 24-48 hours prior to your procedure</b> . Failure to return our call could result in your procedure being rescheduled.
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"/> Yes, however you are having a <u>transforaminal</u> , 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.
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.