

Superior Hypogastric Plexus Block

<i>What is it?</i>	A superior hypogastric plexus block is an injection administered into the spine. A fluoroscope (x-ray machine) assists the physician in locating the nerve roots that are inflamed and contributing to your pain
<i>Why is it done?</i>	This procedure is done to diagnose and treat pelvic and genital pain (pain from endometriosis, radiation injury, tumors, pain from the bladder, urethra, vagina, uterus, prostate, testes, penis, the descending colon and the rectum). Nerves that serve this area are located in front of the spinal column. Sometimes more than one block is needed to achieve maximum benefit.
<i>How is it done?</i>	You will be asked to lie face down on a cushioned x-ray table. A small needle is used to inject a local anesthetic into the areas around the injection site to numb the skin. Next, a long thin needle is placed in the side of the lower back and advanced to the front of the spinal column; placement is confirmed with the fluoroscope and injection of contrast dye. After placement of one or two needles a solution of local anesthetic is injected. The medication will travel through the spinal column to the sympathetic nerves in the pelvic region. The needles are removed and small band aids are applied.
<i>Is there any preparation?</i>	You may receive conscious sedation. Conscious sedation is a medication given through an intravenous (IV) catheter (tube) in a vein 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 MUST NOT EAT OR DRINK FOR 4 hours before your procedure. However, you may take your medication with a <u>small sip of water</u>. You must have someone available to drive you home after the procedure.
<i>What to wear?</i>	Please wear loose, comfortable clothing and leave all jewelry/other valuables at home
<i>How long does it take?</i>	We ask that you arrive 30-45 minutes before the scheduled time of your procedure. The procedure lasts about 15-30 minutes, and you will be in the recovery room about 15 minutes.
<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 * A reaction to the contrast dye. These reactions usually do not require further treatment. However, a reaction to 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. * Allergic reaction to the local anesthetic or conscious sedation, including but not limited to : Temporary numbness or weakness in both legs. This is normal. You should not drive for 24 hours * Bleeding, bruising, or infection in the injection area * Dizziness, increased pain * Nerve damage, paralysis, stroke and even death

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 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 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, DO NOT EAT OR DRINK for 4 hours before your procedure. However, you may take your medicine but only with a small sip of water .
Should I stop taking aspirin?	If you take ASPIRIN or products containing ASPIRIN in doses greater than 325 mg/per day, you must stop taking it 7 days prior to your procedure (examples of ASPIRIN-containing 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 , limit the daily dose to <u>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 blood thinners . <input type="checkbox"/> Yes, only with a small sip of water, (you must not take your blood thinner)
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 . <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 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 no shows.