

### Sacrococcygeal Ligament Block with fluoroscopy

<b><i>What is it?</i></b>	Tailbone pain, aka coccydynia, is a relatively common cause of buttock pain. The ligament in this area is known as the sacrococcygeal ligament and sometimes can be inflamed and/or stretched, which can be a direct source of your buttock pain.
<b><i>Why is it done?</i></b>	This injection is used to treat the inflammation around the tailbone, specifically the ligament. This condition is typically not fixed by surgery.
<b><i>How is it done?</i></b>	During the procedure, you will be lying on your stomach. An x-ray machine is used to locate your tailbone. After your skin is cleaned with an antiseptic solution, x-rays will be taken to guide the needle placement. The skin is localized with a local anesthetic. Once the skin is numb a small needle enters into the ligament, and a mixture of local anesthetic and steroid is slowly injected. After the medication is injected, the needle is removed and the procedure is completed.
<b><i>What to wear?</i></b>	Please wear loose, comfortable clothing. Please leave all jewelry and other valuables at home. Sometimes you may be asked to change into a hospital gown.
<b><i>How long will it take?</i></b>	Please arrive 30 minutes before your appointment time. The procedure should take 10 to 15 minutes.
<b><i>Can I drive home from the procedure?</i></b>	If you receive sedation, you are required to have a driver and they must remain on site during the procedure. If you are not having sedation, you will not need a driver.
<b><i>Can I eat before?</i></b>	Not if you are going to receive conscious sedation. Conscious sedation is medication given through an IV (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><u>MUST NOT EAT OR DRINK for 4 hours before</u></b> your procedure. You may, however, take your medication with a small sip of <b>water</b> .
<b><i>Can I take my medications?</i></b>	<b>Yes, except for blood thinners.</b>
<b><i>What are the possible side effects of steroid medication?</i></b>	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.
<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) 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.</li> <li>* <i>Bleeding, infection and/or bruising in the injection area. Increased pain</i></li> <li>* A reaction to the local anesthetic or conscious sedation, including but not limited to: allergic reaction to the anesthetic medication, loss of consciousness, depressed breathing and cardiac arrest resulting in transportation to the emergency room</li> <li>* Temporary numbness or weakness in one or both legs. This is normal.</li> <li>* Nerve damage, paralysis, stroke and even death.</li> </ul>

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**PLEASE SEE THE BACK FOR YOUR INSTRUCTIONS**

**Instructions Regarding Your Procedure**  
**Sacrocoyceal Ligament Block with fluoroscopy**

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>a 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? <i>*the box with a check applies to you</i>	<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. <input type="checkbox"/> You can drive yourself home.
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?	<b>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).</b>
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.
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> *some patients may receive a call to confirm insurance information.
How long will it take?	We ask that you plan <u>1 -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.