

DIFFERENTIAL SPINAL BLOCK

<i>What is it?</i>	A differential spinal block involves an injection of medication into the spinal canal.
<i>Why is it done?</i>	A differential spinal block is helpful in determining the type of pain that you may be experiencing and where the pain originates (comes from). Your response to the spinal block helps the physician determine the future direction of treatment.
<i>How is it done?</i>	An intravenous (IV) catheter (tube) will be inserted in your vein. When you are in the procedure room, you will be asked to lie on your side on a cushioned x-ray table. A small needle is used to inject a local anesthetic (numbing medication) into your skin in the area of your low back. You may notice some stinging. Next a slightly larger needle will be placed to access your spinal canal in the lower back area. After the needle is placed, a series of solutions will be injected. After each solution, a new history and a brief physical exam will be performed. The final injection is a solution of local anesthetic (medication that numbs a specific area). The needle is then removed and a small band aid is applied. You will experience numbness, and be unable to move from your breast bone to your toes. This normally wears off after one to three hours.
<i>Is there any preparation?</i>	YOU MUST NOT EAT OR DRINK AFTER MIDNIGHT the night before your procedure. You may wish to bring a book to occupy yourself during the recovery period. YOU MUST ALSO ARRANGE FOR SOMEONE TO DRIVE YOU HOME FROM THE PROCEDURE.
<i>What to wear?</i>	Please wear loose, comfortable clothing. Please leave all jewelry and 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 to 30 minutes, and you will be in the recovery area for about four hours.
<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. This 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. * 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.

3/13/2006 rds teaching sheet REVIEWED 3/2016 REVIEWED WITH CHANGES 09-29-2020

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 <u>a verbal confirmation from you 24-48 hours prior to your procedure.</u> 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 check in to see if the facility requires them to remain on site. You must not drive or operate heavy machinery for 24 hours.
Can I eat Breakfast or lunch?	No, <u>DO NOT EAT OR DRINK AFTER MIDNIGHT.</u> You may, however, take your medications with a <u>small sip of water</u>
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?	Yes, HOWEVER 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 blood thinners. <input type="checkbox"/> Yes, only with a <u>small sip of water,(you must not take your blood thinner)</u>
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.