

### Thoracic or Lumbar Epidural steroid Injection or Interlaminar Block

<b><i>What is it?</i></b>	An epidural steroid injection or interlaminar block, is an injection of anti-inflammatory medication that is placed in your spine. A fluoroscope (x-ray machine) assists the physician in locating the nerve roots thought to be inflamed and contributing to your pain. It can be done in the neck, mid back, low back, or near the tail bone.
<b><i>Why is it done?</i></b>	This injection can be helpful to patients with pain in the neck, mid or low back, arm or leg. Examples of extremity pain include reflex sympathetic dystrophy (RSD), also known as complex regional pain syndrome (abnormal response of a nerve leg). It is also helpful for patients who have been diagnosed with shingles (inflammation of spinal nerve).
<b><i>How is it done?</i></b>	If your doctor believes that you should have an intravenous (IV) catheter (tube) inserted, this will be done prior to the procedure. When you are in the procedure room, you will be asked to lie on your stomach on a cushioned x-ray table. A small needle is used to inject a local anesthetic (numbing medication) into your skin in the area where the steroid (anti-inflammatory medication) will be injected. You may notice stinging for a few seconds. Next a slightly larger needle is inserted. Dye is then injected so that fluoroscopy (x-ray machine) can be used to confirm that the needle tip is located in the epidural space (the donut shaped space that surrounds the spinal canal which includes the nerve roots that begin in the spinal canal itself). A small amount of steroid 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><u>small sip of water.</u></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 15-20 minutes.
<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, 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.</li> <li>*A reaction to the local anesthetic or dye. These reactions usually 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 before the procedure 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.</li> <li>* Bleeding in the injection area.</li> <li>* Infection in the injection area.</li> <li>* Increased pain</li> <li>* Nerve damage, paralysis, stroke and even death.</li> </ul>

**Instructions Regarding Your Procedure**  
**Thoracic or Lumbar Epidural steroid Injection or Interlaminar Block**

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.
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.  <input type="checkbox"/> You can drive home because you are not getting sedation.
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><u>small sip of water.</u></b>
Should I stop taking aspirin?	If you take ASPIRIN or products containing <b>ASPIRIN 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 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><u>small sip of water,(you must not take your blood thinner)</u></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> *some patients may receive a call to confirm insurance information.
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.