

How do I take care of myself at home?

- **Do not** take a bath, go swimming, or use a hot tub for the next 24 hours. You may shower any time.
- Remove the bandage(s) 24 hours after the procedure or if it becomes wet (i.e., if you take a shower).
- If the injection site is painful, apply ice or a cold pack over the injection site no more than 15 minutes at a time, about two to three times each day as needed.
- You can take an anti-inflammatory such as ibuprofen, or medication that you normally take for pain.
- You may eat and drink as usual.
- Resume your regular activities. Avoid strenuous activity for 24 hours.

When to get help

Contact your primary care provider or the pain program if you have:

- fever above 38.5°C (101°F)
- loss of function or feeling in legs or arms
- headache that does not go away
- any local pain, swelling, and/or redness at the injection site

If your primary care provider is unavailable, go to the nearest emergency department.

Locations

Royal Jubilee Hospital
Memorial Pavilion 2nd floor
1952 Bay Street, Victoria
Tel: 250-519-1836

Central Island Pain Program
Nanaimo Regional General Hospital 2nd Floor
1200 Dufferin Crescent, Nanaimo
Tel: 250-739-5978



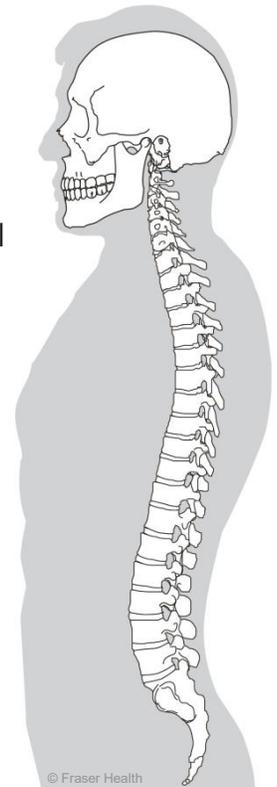
Island Health Pain Program Website:



Epidural Steroid Injection (ESI)

Pain Management Clinic

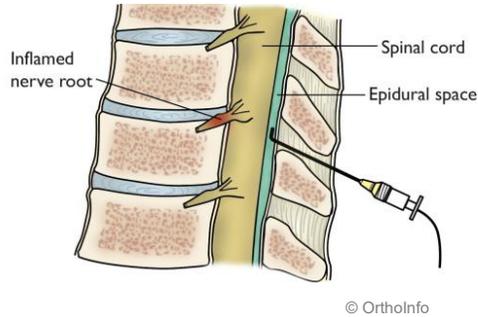
- Transforaminal
- Interlaminar
- Caudal
- Selective Root



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What is an epidural steroid injection?

This is a common treatment for nerve root inflammation causing leg pain, sometimes called "sciatica". This procedure involves injecting local anesthetic (similar to dental freezing) and corticosteroids (steroids) into the epidural space, which is located just outside of the membrane that protects the spinal cord.



Who will complete the procedure?

The physician will explain and complete the procedure, which takes about 15 minutes.

Will I be asleep for this procedure?

- No, you are awake during the procedure.
- The physician uses local anesthetic (numbing medication) to treat the targeted area.

Can I bring a relative/friend?

Yes, a relative or friend can stay with you before and after the procedure. However, for safety reasons, they cannot be in the room with you during the procedure.

How do I prepare for the procedure?

- Wear loose comfortable clothing that is easy to remove, if needed.
- You may eat and drink, but restrict your intake to a light meal before your procedure.
- Unless instructed otherwise, do not stop taking your regular medications.
- **If you take blood thinners (e.g., Warfarin), please tell the physician at least 7 days before your procedure.**
- Tell the physician and nurses if you have any allergies, such as the contrast dye used for x-ray procedures or local anesthetics.

Please arrange for a responsible adult to drive or escort you home after the procedure, or else your procedure may be cancelled.

What happens during the procedure?

You lie on your stomach on the x-ray table.

The area to be injected will be cleaned with antiseptic solution (that can be clear or pink in color).

The physician injects local anesthetic (numbing medication) and steroid medication into the targeted area of the back.

A small bandage will be placed over the injection site.

What happens after the procedure?

We move you to a recovery area to rest for about 10 minutes. You might feel some heaviness in your legs. We will check your muscle function and sensation before you leave.

What are the risks and side effects?

There could be soreness or bruising at the injection site. Possible complications such as infection, bleeding, and nerve damage are uncommon.

Short-term side effects (lasting about one to three days) from injected steroid can include:

- facial flushing
- mild heart palpitations
- feeling anxious or restless
- headache
- increase in blood sugar
- increase in blood pressure

Long-term side effects from injected steroid can include:

- osteoporosis
- suppression of your immune system (delayed healing)
- fluid retention and weight gain

How will this change my pain?

The anesthetic (numbing medicine) usually wears off in the first 24 hours after the procedure. While steroid medication usually starts to work within 2 to 7 days, it can take up to 14 days to notice improvement.