

EPIDURAL STEROID INJECTION (ESI)

Patient Information

WHAT TO EXPECT WHEN YOU ARRIVE

- All patients must register in the North Patient Tower **1 hour** prior to the procedure.
- NO blood work (labs) is required before procedures, unless on blood thinners. This may be done prior to the procedure if needed.
- The Interventional Team will explain the procedure in detail and answer any questions you may have regarding the procedure.
- You may have an "Intravenous Catheter" (IV) placed after you arrive.
- You may have a local anesthetic (numbing medicine) to diminish any discomfort.

HOW TO PREPARE FOR YOUR PROCEDURE

- All patients are to have **NOTHING** to eat/drink after midnight the night before the procedure.
- You must have a referring physicians order.
- If you are allergic to any medications, foods, or skin preparations soaps/agents, please inform the IR staff or your nurse. However, if you are allergic to "iodinated intravenous contrast" or "IV Dye" you may need to discuss this with your referring physician before he/she orders the procedure or test.
- If you are on **BLOOD PRESSURE** medicine you may take it with a sip of water.
- Bring a list of your medications with you, including inhalers if you use them.
- If you are diabetic and take oral diabetic medicine and/or insulin. **DO NOT** take the morning of your procedure. The procedure you are scheduled for requires you to be NPO (having nothing to eat or drink) after midnight. Typically you will be able to eat 2-3 hours after the procedure when the sedation has worn off. If you have any further questions regarding this you can call the Interventional Radiology Department at 770-219-7448.
- **If you take blood thinners, such as, Coumadin, Plavix, Aspirin or Lovenox, you will need to contact your Primary Care Physician for permission to discontinue any of these medications prior to your procedure.**
- Then follow these instructions:
 - Coumadin, Plavix, or Aspirin.....Stop taking 5-7 days prior to procedure date.
 - Lovenox.....Stop taking the day before the procedure.
- We will make every attempt to start your procedure on time; however, due to emergencies and unpredictable changes in other procedures, we are sometimes delayed. We appreciate your patience and thank you ahead of time.

RECOVERY/HOME

- Your recovery time an ESI is 1-3 hours. You will be recovered in the Imaging Prep and Recovery area.
- You may be receiving sedation and you will need an escort to drive you home or have arrangements for someone to pick you up. We **CANNOT** discharge you without an escort
- We will provide discharge instructions prior to discharge.
- Please contact your Primary Care Physician after the procedure about restarting your medications, and when your blood tests should be taken.



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