Northeast Georgia Medical Center

Epidural Steroid Injection (ESI)

How should I prepare for this procedure?

- You may eat and drink as normal prior to this procedure.
- For Gainesville procedures, you will need to arrive an hour and a half before your scheduled appointment time. For Braselton procedures, you will need to arrive an hour to an hour and a half before your scheduled appointment time. For Barrow procedures, you will need to arrive an hour before your scheduled appointment time.
- A nurse from the Interventional Radiology department will reach out to you via phone the day before your procedure.
- For your safety, you must have a caregiver or responsible adult with you to drive you home after your procedure. Due to the effects of anesthesia, sedation, or other post-procedural effects, you will not be able to drive yourself. Additionally, the responsible adult accompanying you will assume responsibility for you upon discharge. This person should be someone who can provide support and care as needed while you recover.
- Blood thinners need to be held for this procedure. You will need to check with your primary care provider that it is acceptable for your blood thinners to be held for this procedure.

What should I expect when I arrive?

- For Gainesville, you will go to the registration department in the Blue tower of the hospital. When you arrive in the main lobby of the Blue tower, go down the hallway on your left. The registration department is located on the right. Labs will be drawn here if necessary.
- For Braselton, you will go in through the main entrance and check in at the desk. You will be directed to registration from there. Labs will be drawn here if necessary.
- For Barrow, you will go to the registration desk located inside the main entrance of the hospital.
- After registration, you will go to the radiology waiting room. A staff member will show you back to the Interventional Radiology department. Your driver can accompany you back to the prep area.
- A provider and nurse will explain the procedure and go over discharge instructions.
- When it is time to go to the IR lab for your procedure, your driver will be shown to the waiting room.

What medications will be offered during this procedure?

- There are no medications offered for this procedure.

What should I expect during my procedure?

- When it is time for your procedure, your nurse will bring you over to the IR lab.
- You will be positioned on the IR table lying flat on your stomach.
- When the IR tech and nurse are ready, the doctor will be paged to the procedure room.
- The injection site will be cleaned.

- An X-ray machine will be used to guide the needle close to the nerve that is causing pain.
- A needle will be put through your skin into the epidural space. This may cause you some discomfort.
- Contrast dye may be injected at the site to make sure that the steroid medicine will be sent to the exact place it needs to go.
- The steroid medicine and a numbing medicine will be injected into the epidural space for pain relief.
- The needle will be removed.
- A bandage (dressing) will be put over the injection site.

What should I expect after my procedure?

- Minor discomfort may be present that should be controllable by over-the-counter medications (Tylenol, Ibuprofen, etc.) or whatever you normally take for pain at home. No pain medication prescriptions will be provided on discharge. Any significant pain post-procedure would warrant a trip to the ER or a call to the ordering physician.
- Recovery time will be up to the provider's discretion.
- After a set amount of time, a nurse will get you up to walk and assess you for any numbness/tingling or pain. This information will be relayed to the provider who will decide if you are good to be discharged home or if more recovery time is needed.