

EPIDURAL STEROID INJECTION (ESI)

WHAT TO EXPECT WHEN YOU ARRIVE:

All patients must register at the Outpatient Registration desk 30 minutes 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 after midnight the night before the procedure. You must have a referring physicians order. Your doctor may fax this. 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 will 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. Please 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. This procedure requires you to be NPO (having nothing to eat or drink) after midnight. If you have any further questions regarding this you can call the Interventional Radiology Nurse at 501-450-2342.

If you take blood thinners, 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, Aggrenox, Persantine,.....Stop taking 5-7 days prior to procedure date.

Lovenox, Pradaxa.....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 may be 1-3 hours in our recovery area, you will be allowed to have visitors during this time. 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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Patient Information