



EPIDURAL STEROID INJECTION

WHAT IS AN EPIDURAL STEROID INJECTION (ESI)?

An ESI is a minimally invasive procedure we perform right here in the office! This procedure can help relieve pain in the neck, mid or low back by reducing inflammation around the inflamed spinal nerves due to spinal stenosis, or a disc herniation.

HOW DOES IT WORK?

The injection is performed by either Dr. Eisler or our Nurse Practitioner, Andrew Gregory. We use fluoroscopy - live X-ray - during the procedure to ensure accurate positioning and placement of the injection. Placement is confirmed by injecting a small amount of contrast dye to the area. Then, a corticosteroid (Depomedrol, or Cortisone) is delivered into the epidural space around the inflamed spinal nerve roots.

PRIOR TO THE PROCEDURE

If you have any questions regarding your diagnosis, plan, or the following instructions please call the office prior to your scheduled injection.

- Provide a list of any allergies you may have to medications, latex or contrast dye.
- Provide a list of all medications you take.
- Stop any blood thinning products (i.e. **Aleve, Aspirin, Advil, Motrin, Ibuprofen**) 3-5 days prior to the procedure. Anticoagulants such as **Coumadin, Plavix, Xarelto, or Pradaxa** should be stopped 7 days prior to the procedure. **Please check with your prescribing doctor prior to stopping these medications**
- In some cases we may ask that you have a family member or friend drive you to your procedure.
- If your health changes (cold, flu or other illness), please call and let us know. It may be necessary to reschedule your appointment.

DURING THE INJECTION

You will be positioned on the procedure table on your stomach. Please wear loose-fitting clothes with an elastic waistband. The provider will determine the placement of your injection dependent on your clinical presentation (symptoms), your physical exam, and your imaging results. We use a local anesthetic called lidocaine to numb the skin, followed by placement of a spinal needle to deliver the steroid medication to the affected levels. The entire procedure typically lasts about 10 minutes.