



Patient Information Sheet

Your appointment:

Date:
.....

Time:
.....

Location:

Thrive Medical
170 Crystal Street
Broken Hill NSW 2880

Duration of examination:

The procedure will take approximately 30 minutes plus post-procedure care.

Please bring with you:

- Your request form
- All previous relevant imaging
- Medicare and any Healthcare cards

For more information on this procedure please call 08 80879383 or visit www.thrivemed.com.au

What is an epidural injection?

A common cause of sciatic pain is an inflammatory response to nerve irritation by a disc protrusion or nerve entrapment. An injection of steroids (anti-inflammatory medication) into the epidural space can act to decrease this inflammation, thus decreasing pain.

What preparation is required?

You will need to fast for two hours prior to the procedure.

Please let us know if you have any allergies or take blood-thinning medication (Aspirin, Warfarin, Dabigatran or Clopidogrel). You may need to have a blood-clotting test before the procedure and have your medication adjusted by your doctor.

What will happen during the examination?

You will be asked to change into a gown. The procedure is normally performed with you lying face down on the CT examination table. Your skin will be cleansed in the area required to create sterile conditions. A local anaesthetic is then injected. CT imaging is used to accurately locate the area that requires injection and to guide the needle. It is important you keep as still as possible during the procedure.

A radiologist (specialist medical imaging doctor) will position a needle using the CT guidance within the epidural space and inject the steroid and sterile saline or local anaesthetic. The needle is removed, and a sterile dressing applied.

Are there any risks?

You will receive a small dose of x-ray radiation. The benefits of detecting disease are believed to outweigh any potential risks from receiving such a small dose. However, please advise the radiographer if you are, or think you may be pregnant.

After the examination

You may experience some soreness or bruising at the needle site and rarely, some minor muscle spasm. You may also experience some temporary numbness at the injection site and down your leg. A temporary increase in back pain may be felt.

You will be kept for observation for up to 30 minutes. If you are then feeling comfortable you may leave.

You will require someone to drive you home after the procedure. Please consider this when making your appointment. We request you do not perform any lifting or physical activities that may aggravate your condition for at least 12 hours after the procedure.

Effects from the treatment

The local anaesthetic may give temporary relief from pain for up to four hours. Paracetamol may be taken if you experience discomfort. The steroid can take up to a week to reach its maximum effect. Relief from symptoms does vary between patients, both in time and scale. Some people do not receive pain relief from the procedure if inflammation is not the main cause for their pain.

Please keep in mind this is generally not a failure of the procedure. This information is useful for your doctor as it indicates other causes of pain that may need to be considered.