

SPINAL INJECTION INSTRUCTION SHEET BEFORE THE PROCEDURE

Information for Patients and their Families

Your doctor has recommended a spinal injection. This can be used either to help diagnose your condition or for treatment. Your doctor will explain the procedure to you and discuss the risks and benefits, and obtain your consent.

*****Please arrive 15 minutes early. The procedure takes approximately 20-30 minutes and you will be held for 15-20 minutes after the procedure. You will be here a minimum of 1 hour.**

You will need someone to drive you home from the procedure.

Notify your doctor if there is any chance that you are:

1. Pregnant or chance of being pregnant
2. Allergies to: anesthetic, steroids, radiologic dye, seafood or medicines
3. Taking blood thinners or have a bleeding disorder
4. Diabetic or have uncontrolled blood pressure problems

Please follow these directions before having this injection:

Medications: Please notify us if you are taking the following medications

- Coumadin or Warfarin (blood thinners)** – let us know prior to the day of the injection as this will need to be stopped and blood work done prior to the procedure. Please check with prescribing MD for authorization prior to stopping this medication.
- Aspirin, Plavix (clopidogrel)** – stop taking for 5 days prior to the procedure. Please check with prescribing MD for authorization prior to stopping this medication.
- Non-steroidal anti-inflammatory medications** (ibuprofen, motrin, advil, aleve, naproxen, celebrex, bextra, prednisone, etc.)
- Antibiotics-** Please inform the office if you are on an antibiotic or started on an antibiotic prior to your injection.

Take your usual medications on the day of the procedure, with the exceptions as discussed above

- As a general rule, we use local anesthetic, not general sedation** for our procedures as this involves additional risk. Please discuss this with your doctor if you have concerns.
- You will need a ride home from a responsible adult.
- If you are diabetic**, please check your blood sugar before your appointment. The injection may cause your blood sugars to elevate. After the injection, check your blood sugar frequently for the next 2 – 3 days after the injection. Make adjustments as necessary. You may have to notify the doctor who treats your diabetes so the blood sugars can be treated appropriately.
- Wear comfortable clothing** that is easy to remove and flat walking shoes.