



## EPIDURAL STEROID INJECTION INFORMATION SHEET

You are scheduled to undergo an Epidural Steroid Injection. Please notify our office at least 24 hours prior to the procedure if you need to cancel by calling 803-461-4740 to avoid a \$150 no-show charge.

Before you arrive for your appointment:

- You **are allowed to have a normal breakfast or a light lunch** prior to this procedure. You do not need to reduce your intake of liquids
- You **must make arrangements to have someone accompany you who is capable of driving you home**. The procedure may not be done if you do not have a ride. The numbing medication you will be injected with may temporarily affect the nerves in your legs, making it unsafe for you to drive.
- You **must discontinue taking Coumadin or any other blood thinner (i.e., Plavix, Aggrenox) four (4) days before the date of procedure**. You may take all other regular medications. Be prepared to inform us of your **drug allergies** when you arrive.

This procedure is being performed to decrease the amount of discomfort you have related to the problem in your spine. It is an x-ray guided epidural injection to calm inflamed nerves in your spine. In some cases, it will take more than one injection to have complete relief of your symptoms, while in other cases, you will notice complete relief for the first 4 to 6 hours followed by a possible increase in your symptoms for another 2 days to a week. This is due to the volume of steroid preparation being injected and the amount of time it takes to be absorbed by surrounding tissue. On rare occasions, the epidural will penetrate the sack around the spinal cord called the dura, and this may result in a headache. If this should occur, it is easily treated; however, you should let our office know. Within 1 to 3 weeks after the epidural, you should be able to determine the level of relief obtained from the injection. This injection may be repeated if partial, but not complete, relief is obtained.

If you have any questions prior to this procedure, please contact our office the day before your scheduled injection.

**M. David Redmond, MD and staff**  
(803) 256-4107, extension 6213

**Ross D. Lynch, MD and staff**  
803-256-4107, extension 6114

Thomas Armsey, MD and staff  
(803)256-4107, extension 5114

**Midlands Orthopaedics Surgery Center**  
**1930 Blanding Street**  
**Columbia, SC 29201**