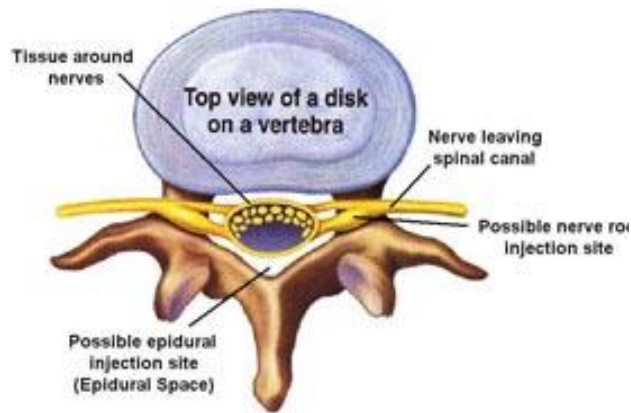


The epidural space is the area between the dura (covering of the spinal cord) and ligaments that connect the vertebrae.

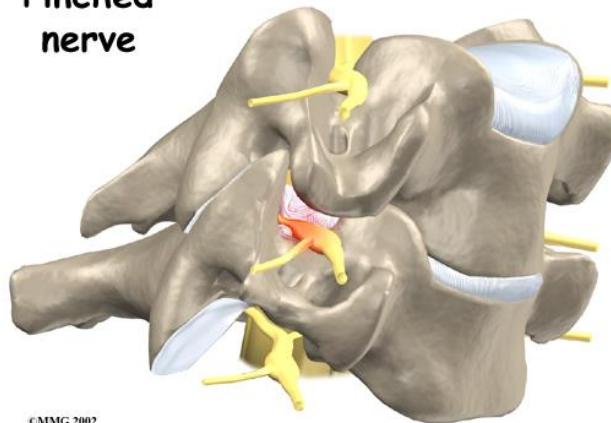
Injecting steroid into this area can help symptoms associated with spinal stenosis, spondylolysis, disc degeneration or disc herniation. The epidural injection delivers a long-lasting steroid and an anesthetic agent to the irritated and inflamed area or nerve. Injection often allows patients to resume a more normal activity level.

When a nerve is pinched in the neck numbness and occasionally weakness can occur. Treatment includes anti-inflammatory medication to relieve swelling, physical therapy (cervical traction, heat or cold and exercise), or epidural steroid injection.

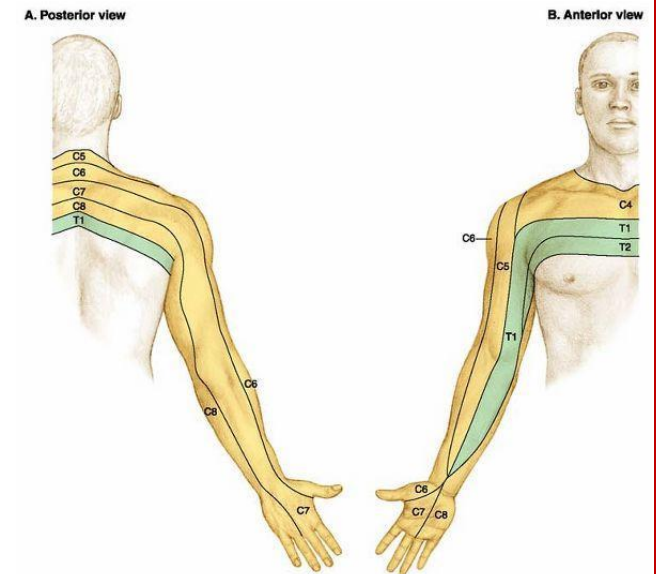
Cervical epidural steroid injection places anti-inflammatory medication around the irritated nerve root. These nerve roots pass through the epidural space prior to leaving the neck area and eventually going to the arm. The compression of the nerve also occurs in this space. This syndrome is termed cervical radiculopathy.



Pinched nerve



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Pre Procedure Instructions:

If you are taking blood thinners your pain physician may ask they be discontinued prior to injection. **Never stop these medications without permission from the physician prescribing them.**

Acenocoumarol	3 days
Aggrenox	7 days
Aggrastat	24 hours
Arixtra	4 days
Aspirin	7 days
Brilinta	7 days
Edoxaparin	2 days
Effient	7 days
Eliquis	3 days
Heparin	8 hours
Integrilin	24 hours
Lovenox	12 hours
Pentoxil	2 days
Plavix	7 days
Pletal	7 days
Pradaxa	6 days
ReoPro	3 days
Ticlid	14 days
Warfarin / Coumadin	5 days
Xarelto	3 days

Please call office if blood thinner is not listed

Ginger, Kava Kava, Clove, Willow Bark, Ginseng, Garlic, Gingko, Fish Oil, Vitamin A & E

If you are anxious about your procedure sedation can be provided. If you choose this option you must meet the following criteria.

- Come to your appointment with responsible adult driver.
- Fast for at least 6 hours prior to the procedure. Morning medications can be taken with a sip of water.
- Sedation is only available at certain locations and at certain times, please ask for details.

Physicians Pain Services

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Ste. 101
St. Peters, MO 63376
(P) 636-442-5035
(F) 636-442-5036

SSM Pain Care Fenton

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Website:

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CERVICAL EPIDURAL STEROID INJECTION



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