

ESI [Epidural Steroid Injection]

for Sciatica and Spinal Stenosis

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is a minimally invasive procedure that can help relieve neck, arm, back, and leg pain caused by inflamed spinal nerves due to spinal stenosis or disc herniation. This information has been provided by your provider so you can better understand this procedure. Your provider will make the best recommendation for your specific needs.

This pamphlet is for general education only. Specific questions or concerns should always be directed to your provider. Your provider can explain possible risks or side effects.

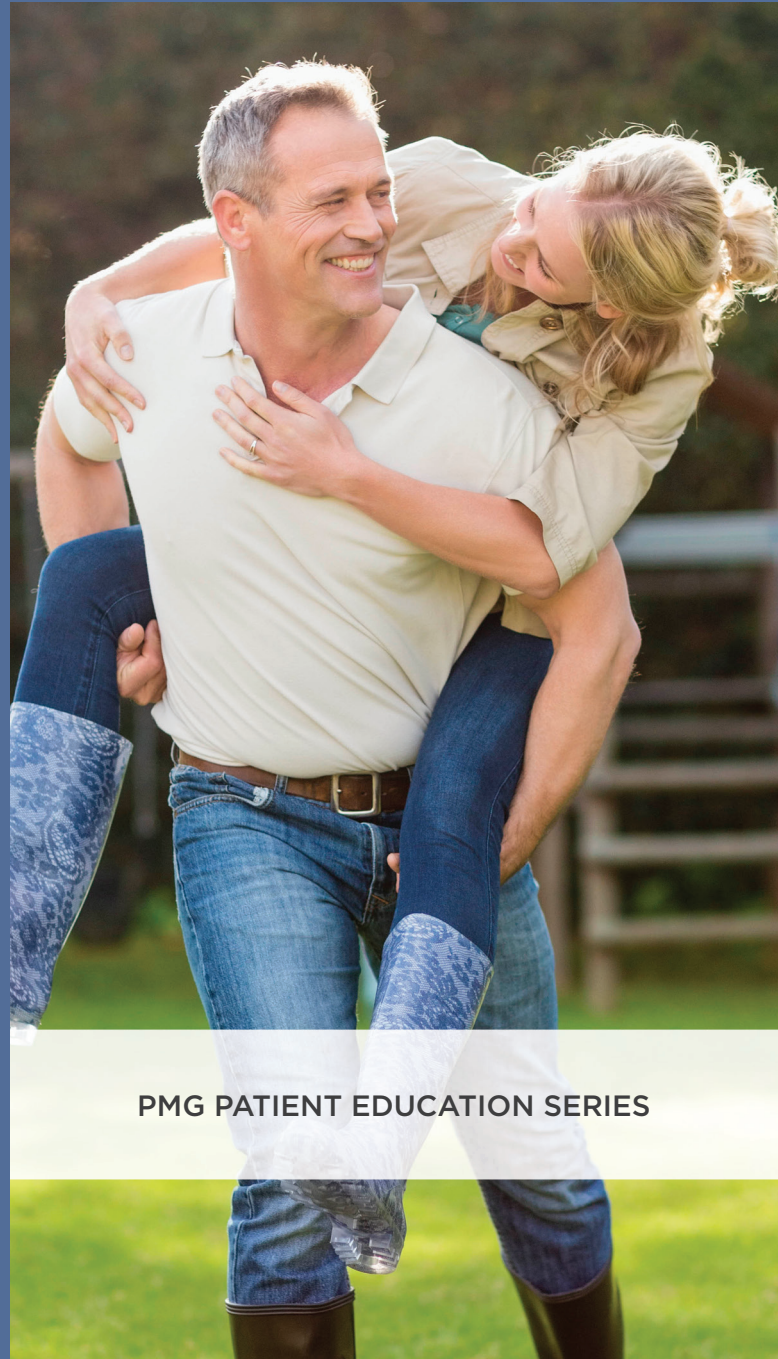
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What is an (ESI) epidural steroid injection?

Your doctor has scheduled you for an epidural steroid injection (ESI). The epidural space is located within the spinal canal just outside the dural membrane surrounding the spinal cord, nerve roots and spinal fluid. An ESI is a nonsurgical treatment used to reduce pain associated with disc herniation, degenerative disc disease, and spinal stenosis. These disorders can generate proteins and other chemicals that produce inflammation and swelling of the spinal nerves. Steroids (corticosteroids) are potent inhibitors of these pain-producing inflammatory chemicals.

How should I prepare for the procedure?

1. You may eat and drink as normal unless otherwise directed by your physician.
2. Epidural steroid injection is generally not performed during pregnancy because of the risk of embryo/fetal injury. Advise the technologist if you are, or may be, pregnant.
3. If you are taking blood thinners—talk with your provider on how to manage your medication, prior to your procedure.
4. Arrange for someone to drive you home after the procedure.

How is the injection performed?

Following an explanation of the procedure, you will sign a consent form indicating you understand the benefits and risks of an epidural steroid injection. Prior to the injection, your skin is cleansed with antiseptic soap and numbed with local anesthetic. The physician uses fluoroscopy to accurately place a needle in the epidural space. Steroid medication is then injected. The procedure typically takes 10-15 minutes. Following the injection, you will be observed before being discharged. You should rest at home the remainder of the day.

What are the benefits?

Approximately 75% of patients experience significant pain relief from the steroid medication. Reduction of pain typically begins 2-3 days after the injection. The duration of pain relief is quite variable, lasting from 1 week to a year or more. Although temporary, the relief from severe pain may be adequate to allow patients to begin or resume physical therapy. Long term pain relief is more successful in patients involved in a regular program of physical therapy.

Who is a candidate?

Patients with pain in the neck, arm, low back, or leg (sciatica) may benefit from ESI. Specifically, those with the following conditions: **Spinal stenosis, Spondylolisthesis, Herniated disc, Degenerative disc, and Sciatica.**

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