

## Epidural Injection

### Preparation

- It is recommended that patients wear loose comfortable clothing.
- Patients should arrive 10-15 minutes before the appointment to complete paperwork.
- It is important to bring the referral form.
- Patients should notify the Lakes Radiology team of any allergies, existing medications they have.
- Patients should advise Lakes Radiology team if they may be pregnant.
- Patients should advise Lakes Radiology team **prior to the appointment** if they are on blood thinning/anticoagulants.
- The patient should have someone to drive them home following the procedure.

### Procedure

- The doctor will discuss with you the site and nature of the pain as well as address any questions or concerns prior to the procedure.
- The patient will be placed on their stomach or side.
- A Clinician will identify the injection position and sterilise the skin with antiseptic.
- A doctor may inject local anaesthetic to numb the area.
- The exact position to locate the area will require imaging guidance.
- The doctor will then carefully administer the injection after having checked the position of the needle.

### During the injection

- Patients may feel tingling, 'pins and needles', pressure or a burning sensation- however this discomfort usually goes once the injection is complete.
- If the patient feels sharp pains, they should advise the technician / radiologist immediately.

### Risk or side-effects

- In rare instances, the patient may experience an infection at the injection site, bleeding.
- If an x-ray /CT scan is used, the patient will be exposed to minimal low-level radiation.