

Epidural Steroid Injection

INJECTIONS

An epidural steroid injection is a procedure performed to relieve pain in patients with spinal degeneration, spinal stenosis (narrowing) and/or disc herniation/protrusion. Inflammation can be a cause of this pain and a steroid injection can help to reduce it.

How you should prepare

If your exam is at Suburban Imaging – Coon Rapids, Maple Grove:

- Bring someone to drive you home; no driving for 2 hours after. Have someone stay with you for 2 hours after procedure.

If your exam is at Suburban Imaging – Southdale:

- Nothing to eat or drink three hours before your appointment.

Additional preps for all locations:

- If you have an active infection and are taking antibiotics, the medication course must be complete prior to the procedure, to ensure that no infection remains.
- If you are taking blood thinners (Coumadin, Plavix, Ticlid), you will have to hold the medication prior to the procedure. Contact your healthcare provider before stopping any medication to determine if it is safe for you.
- If you are receiving chemotherapy, a platelet count (lab blood draw) will be needed within 48 hours of procedure.
- Wear comfortable clothes without metal fasteners, including zippers, buttons and snaps.
- Arrive 15 minutes early to complete registration.
- Bring your appointment form, insurance card and a valid photo ID.
- Please let us know about any of the following:
 - Pregnancy, known or possible
 - Allergies to medications, iodine or x-ray contrast

Suburban imaging

www.suburbanimaging.com

Your scheduled appointment

Date: _____

Arrival Time: _____ Appointment Time: _____

Location:

- Coon Rapids scheduling: 763.792.1999
- Maple Grove scheduling: 763.792.1999
- Southdale scheduling: 952.893.0000

Image-guided injections

Our injections are image guided, which means that imaging equipment called fluoroscopy (a type of low-dose x-ray) is used to clearly view the area in real time, on a video monitor. This ensures exact placement of the needle during the procedure.

What happens during the procedure

The procedure will take about 20 minutes. You will lie on an x-ray table on your stomach. The fluoroscopy camera will be positioned above you. The area to be injected will be cleansed with an antiseptic solution. Local anesthetic will be applied to numb the area.

A small needle will be placed into the space surrounding the nerves in the spinal canal (called the epidural space). The location of the needle will be confirmed by injecting a small amount of x-ray contrast. Some patients may feel a slight pressure sensation or discomfort while the contrast is being injected. Next a combination of anesthetic (immediate relief) and steroid (long-term relief) will be injected.



After your procedure

A summary of the procedure will be sent to your healthcare provider. You may resume your normal diet and prescribed medications (resume blood thinner medication tomorrow). You should have someone stay with you for 2 hours after the procedure. Rest for the remainder of the day, and do not return to work until the next day. Avoid heavy lifting or strenuous activity for 24 hours after the procedure.

You may feel some tingling/numbness in your legs and feet; this is temporary. You may feel soreness or tenderness at the needle insertion site or a temporary increase in pain as the anesthetic wears off and the steroid starts to take effect. You can use an ice pack to relieve discomfort, once every two hours for 20 minutes at a time.

In some patients, a single injection will give permanent relief. Many patients require multiple injections. In patients where inflammation is not a contributing factor to the pain, this injection may not provide any relief.

As with any procedure involving a needle, there is a rare chance of infection or bleeding at the injection site. Reaction to the contrast material used during the procedure is also rare (such as itching, sneezing or rash).

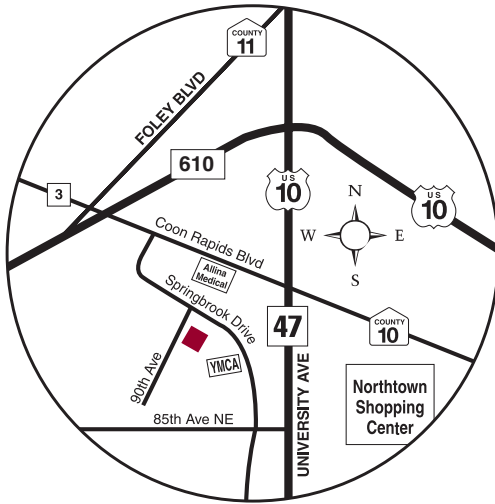
>> Map and directions on reverse side >>

Epidural Steroid

Suburban Imaging – Coon Rapids

MMEC I, Suite 140
8990 Springbrook Drive
Coon Rapids, MN 55433
main 763.792.1900

Suburban Imaging—Coon Rapids is in the center of the building with free parking.



From the North

Take Hwy 10 east and merge onto Hwy 47 (right two lanes). Exit on Coon Rapids Blvd/ Cty Rd 3 (next exit after 610 exit). Turn right on Coon Rapids Blvd, and take an immediate left onto Springbrook Drive. Turn right onto 90th Ave. Take the first left into our parking lot.

From the South

Take I-694 west to University Ave (Hwy 47). Turn right and continue north on University Ave. Turn left at 85th Ave. Turn right onto Springbrook Drive; left onto 90th Ave. Take the first left into our parking lot.

From the West

Go east on Hwy 610 and take the Coon Rapids Blvd (Cty Rd 3) exit. Turn right onto Coon Rapids Blvd. At the second stoplight, turn right onto Springbrook Drive. Turn right on 90th Ave. Take the first left into our parking lot.

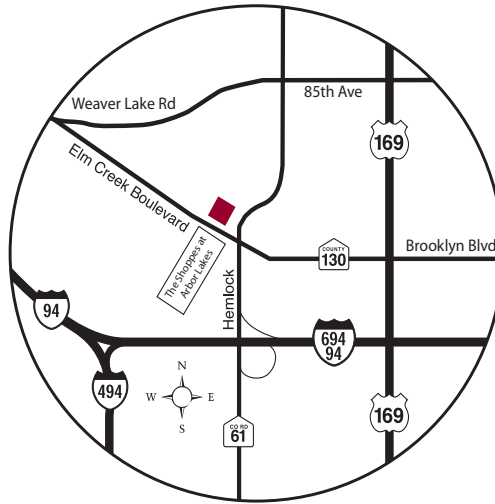
From the East

Go west on Cty Rd 10, which becomes Coon Rapids Blvd. Proceed past Northtown Shopping Center. Turn left onto Springbrook Drive. Turn right onto 90th Ave. Take the first left into our parking lot.

Suburban Imaging – Maple Grove

Arbor Lakes Medical, Suite 310
12000 Elm Creek Blvd
Maple Grove, MN 55369
main 763.416.7888

Suburban Imaging—Maple Grove is on the third floor of the Arbor Lakes Medical Building, with free parking.



From the North

Go west on Hwy 610 and exit on Hwy 169 south. Continue south on Hwy 169 and take the Brooklyn Blvd exit. Go right on Brooklyn Blvd (turns into Elm Creek Blvd). Cross Hemlock Lane and take the first right into the Arbor Lakes Medical parking lot.

From the South

Go north on I-94 to east I-694/94. On I-694/94, take first exit, Cty Rd 61 (Hemlock Lane), and turn right. Continue on Hemlock and cross Elm Creek Blvd. Turn left into the Arbor Lakes Medical parking lot.

From the West

Go east on I-94 and continue on I-694/94. Exit Cty Rd 61 (Hemlock Lane) and turn right. Continue on Hemlock and cross Elm Creek Blvd. Turn left into the Arbor Lakes Medical parking lot.

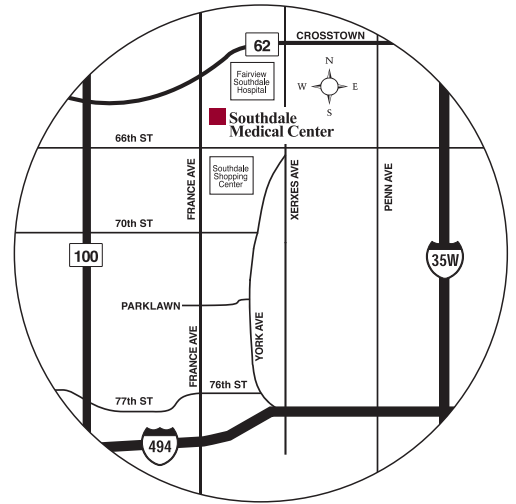
From the East

Go west on I-694/94, exit Cty Rd 61 (Hemlock Lane) and turn right. Continue on Hemlock and cross Elm Creek Blvd. Turn left into the Arbor Lakes Medical parking lot.

Suburban Imaging – Southdale

Southdale Medical Center, Suite 125
6545 France Avenue S
Edina, MN 55435
main 952.405.2777

Suburban Imaging—Southdale is on the first floor of the Southdale Medical Center, with free parking.



From the North

Go south on Hwy 100 and exit Hwy 62 (Crosstown) going east. Follow to France Ave exit and turn right. Turn left onto 65th St and take immediate right into Southdale Medical Center parking lot.

From the South

Go north on Hwy 100 and exit Hwy 62 (Crosstown) going east. Follow to France Ave exit and turn right. Turn left onto 65th St and take immediate right into Southdale Medical Center parking lot.

From the West

Go west on Hwy 62 (Crosstown). Follow to France Ave exit and turn right. Turn left onto 65th St and take immediate right into Southdale Medical Center parking lot.

From the East

Go east on Hwy 62 (Crosstown). Follow to France Ave exit and turn left. Turn left onto 65th St and take immediate right into Southdale Medical Center parking lot.