Epidural Steroid Injection

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).

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.
• 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
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.

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-494 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.