What is an epidural steroid injection?
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 the steroid injection helps to reduce it.

How you should prepare
• Do not eat solid foods for 3 hours prior to your exam.
• 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 stop 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.
• Bring someone to drive you home. We recommend refraining from driving for the rest of the day.
• Arrive 15 minutes early to complete registration.
• Bring with you:
  – Your appointment form
  – Insurance information, including your insurance card
  – Valid photo i.d.
• Please let us know about any of the following:
  – Pregnancy, known or possible
  – Allergies to medications, iodine or x-ray contrast

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 approximately 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. You should have someone stay with you for 12 hours after the procedure. Rest for the remainder of the day and do not return to work until the following day. Avoid heavy lifting or strenuous activity for 24 hours after the procedure.

As the anesthetic that was injected wears off, your symptoms may return and may be worse for 1-2 days until the steroid takes effect. You may feel soreness at the needle insertion site for 2-3 days; you can use an ice pack to relieve any discomfort, up to 15 minutes per hour.

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 small chance of infection or bleeding. Rarely there could be neural injury, headache, temporary numbness, weakness or facial flushing.
your scheduled appointment

Date: __________________________  Appointment Time: __________________  Arrival Time: __________________

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

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

From the North and Northwest: Go south on Hwy 10, exit Foley Blvd. Turn right at top of Foley ramp. Follow Foley to Coon Rapids Blvd. Turn left on Coon Rapids Blvd. Turn right onto Springbrook Drive. Turn right onto 90th Ave. Take the first left into our parking lot.

From the West: From the 610 Bridge, exit Coon Rapids Blvd (County 3) and turn right onto Coon Rapids Blvd. At the second light, turn right onto Springbrook Drive; right onto 90th Ave. Take the first left into our parking lot.

From the Northeast: Go south on Hwy 65, turn right onto 242. Turn left on Foley Blvd (County 11). Follow Foley to Coon Rapids Blvd. Turn left on Coon Rapids Blvd. Turn right onto Springbrook Drive. Turn right onto 90th Ave. Take the first left into our parking lot.

From the South and Southeast: Take 694 west to University Ave (Hwy 47). Turn right (north) and follow University to 85th Ave NE. Turn left at 85th. Turn right onto Springbrook Drive; left onto 90th Ave. Take the first left into our parking lot.

Suburban Imaging – Maple Grove is located on the third floor of the Arbor Lakes Medical Building, with free parking in front.

From the Northeast: Go west on I-94/94, exit County 61 (Hemlock) and turn right. Continue on Hemlock and cross Elm Creek Blvd. Turn left into the Arbor Lakes Medical parking lot.

From the North: Go north on County 11, exit Foley Blvd at Coon Rapids Blvd. Turn left on Springbrook Drive. Turn right onto 90th Ave. Take the first left into our parking lot.

From the South: Go north on I-494 to east I-694/94. On I-694/94 take first exit; County 61 (Hemlock) and turn right. Continue on Hemlock and cross Elm Creek Blvd. Turn left into the Arbor Lakes Medical parking lot.

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

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 East: Go west 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.

From the West: Go east 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.