



Liverpool Health Service  
Pain Management Centre

- ❖ You will need to be discharged in the care of another adult that can stay with you overnight.
- ❖ You must not drive for at least 24 hours.
- ❖ You must not operate machinery or electrical devices for 24 hours.

### Contact

If you have any queries after discharge please contact the Pain Management Centre on 9828 6559 between 8am and 4.30pm or the Emergency Department at your local hospital.

You will need to ring the Pain Management Nurse on the specified day and inform the nurse how you felt after the injection. You will be given a date for your follow-up appointment.

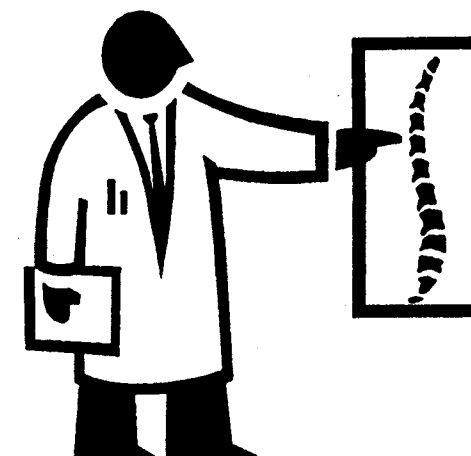
### References:

Waldman, S.D. (1998). Atlas of Interventional Pain Management. W.B. Saunders. Philadelphia.

Prince of Wales Pain Management Centre Patient Information Pamphlets.

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# EPIDURAL INJECTION



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## EPIDURAL INJECTION

*Your doctor has recommended you have an Epidural Injection as part of your treatment. This procedure is performed initially to determine whether this type of injection will relieve your pain. This is a diagnostic procedure.*

### Indications for the use of epidural injection

To relieve pain by reducing inflammation (swelling) around the affected nerve.

### Medications used

Local anaesthetic  
Kenacort (steroid)

### Potential benefits

- ❖ Improved pain relief.
- ❖ Smaller doses of pain relief will be required, therefore fewer side effects will occur.
- ❖ Decreased need for other forms of pain relief eg. injections.
- ❖ Increased quality of life and activity levels.
- ❖ Pain relief usually occurs immediately and may remain for some time – this pain relief will vary between patients, your doctor or nurse will discuss this with you.

### Day of procedure

- ❖ Fast from midnight the night before, take your heart or blood pressure medications in the morning with a sip of water. Check with the nurse in regards to other medications.
- ❖ In the operating theatre a cannula will be placed in a vein and you will be given some intravenous fluids. You will also be given a small amount of medication to make you drowsy.
- ❖ During the procedure you will need to lie on your abdomen. X-rays are used to locate the exact position for the injection. A needle will then be placed in your back and the injection given.

### After the procedure

- ❖ You will be kept in the Perioperative Unit/Pain Management Centre for 2 - 4 hours after the procedure until the effect of the medication is observed and any complications such as hypotension (low blood pressure) or dizziness have passed.
- ❖ You may experience other temporary side effects such as backache, headache, nausea or vomiting.
- ❖ You need to pass urine before you are discharged.
- ❖ You may be referred to the Physiotherapist for other treatment.