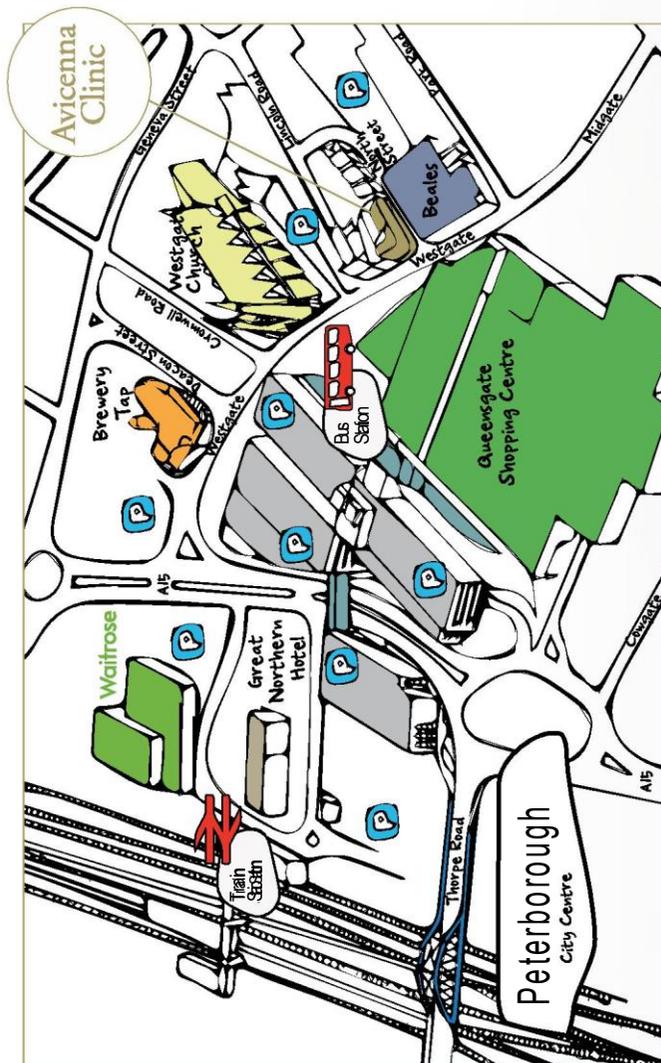


If you have any questions you want to ask, you can use this space below to remind you.

How to find Avicenna Clinic

We are located in the heart of Peterborough City Centre at: 1 North Street, Peterborough, PE1 2RA, adjacent to the Queensgate Shopping Centre entrance on Westgate, and Beales on the corner of North Street and Westgate. Plenty of parking is available near to the clinic and Peterborough train station and bus stations are just a short walk away.

Our opening times are between 9am to 6pm, Monday to Saturday (except bank holidays). Please contact us on 0330 2020597. You can find us online at www.avicennaclinic.com or on Twitter: AVClinic; or Facebook: Avicenna



If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 03302020597

Avicenna Clinic

Open MRI and Minimally Invasive Surgery

Avicenna Clinic

Epidural injection

This leaflet is designed to give you some information about the procedure, to help you prepare for your procedure and to give you some idea of what to expect.

What is Epidural Injection?

An epidural injection is an injection of drugs into the epidural space. The epidural space lies between the dural sheath, which surrounds the spinal cord, and the contents of the spinal canal within the back.

Why perform an epidural injection?

An epidural injection is performed in order to get drugs, such as steroids, as close to the nerve roots as possible. Steroids help to reduce the inflammation of the nerve root and help to reduce the pain. The use of steroids is outside the licensed indication for their use. For further information about use of drugs beyond license please refer to https://www.britishpainsociety.org/static/uploads/resources/files/useofmeds_professional_final.pdf

How epidural is performed?

You will be expected to lie on your front. After the skin is cleaned with antiseptic, local anaesthetic is injected into the skin and deeper tissues to reduce the discomfort of the procedure. When the needle is inserted you will be feeling of someone pushing in the small of your back. When the needle is in the correct place, its position will be confirmed by x-ray and contrast (dye) before giving the injection and withdrawing the needle.

Are there any side effects?

Common (2-5%): No relief of pain. Pain, some patients may find the procedure too uncomfortable and may have to be stopped. The pain in the back may worsen but usually subside though very rare the pain remains worse. Rare (<1%): Headache, low blood pressure and may be fainting, infection, nerve root damage with difficulty in walking, passing urine or altered sensation in the legs and allergic reaction (anaphylaxis) to the injection.

What happens after the procedure?

You will go into the recover area where your blood pressure will be monitored. As local anaesthetic is used, you may notice some numbness or weakness of your legs and may affect your ability to pass urine. This is only a temporary problem, which will wear-off. You will not be allowed home until you fully recovered.

Back at Home:

You would not be covered by your insurance to drive a vehicle for a period of 24 hours following the procedure. Therefore for your own well being we advise that you are collected by a friend or relative. You can remove the dressing from the injection site after 24 hours. If you have any queries about your procedure, please contact the clinic on 03302020597 or contact your GP.

Other information:

Medication: Please take all your prescribed medication as normal prior to the procedure unless you have been advised otherwise. Please, inform us if you are on blood thinning (anticoagulant) medication. Please, bring a list of your current medication when you attend.

Starvation: you are not allowed to eat for two hours before the procedure.

Follow up: you will have a follow up appointment with the consultant performing the procedure 4-6 weeks following the injection.