Epidural Steroid Injection (ESI)

What is an epidural steroid injection?

An epidural steroid injection or ESI is a minimally invasive procedure where steroids and an anesthetic agent are injected through the epidural space, the area between the spinal cord and vertebra, to relieve pain caused by inflamed nerves. Pain relief may last several days, weeks, or months. The goal is to reduce pain so that you may resume normal activity.

How is an ESI performed?

You will arrive early for your procedure so that you can check you in and you can speak with a doctor to make sure all of your questions are answered. Once you are ready, the tech will help you onto the x-ray table. You will be lying on your stomach for most injections. The tech and the provider will be sure that your skin is cleaned before injecting a numbing agent. Once the site has been prepped, the provider will use x-ray to guide the needle and inject the medication. You will go home with a small dressing on the site.

Pre-Procedure Checklist

- You will need to pre-register before your appointment by calling 540-224-5200.
- Check in 30 minutes prior to your appointment time in the main lobby of Roanoke Memorial Hospital.
- If you are taking any medications that may increase the risk of the procedure, the Interventional Radiology Department will be calling you to discuss recommendations prior to your appointment. If you have questions, you may contact us as well at 540-981-7083.
- Please dress comfortably and leave your valuables at home.
- You need a responsible adult to drive you home.
- Bring a list of your medications with you for the nurse to review.

Immediately following your procedure

- No driving, operating heavy machinery, or making any important decisions for 24 hours.
- Light activity only for 24 hours after your procedure. Do not lift anything over 10 pounds.
• You may gradually resume your normal activity over the next few days.
• Keep the dressing clean, dry, and in place for the next 48 hours. You may remove it after 48 hours and shower at that time.
• Avoid alcoholic beverages and smoking or being around those who are smoking today.

**What to report to your doctor**

• If you become weak, faint, or dizzy
• If you develop severe pain
• Fevers greater than 101° F or chills
• If the site becomes red, warm, tender, or starts bleeding

References: