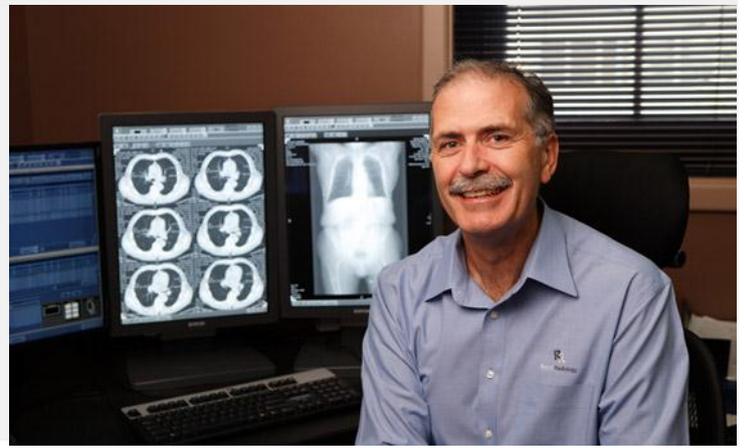


Name: _____

MRN: _____

Appointment Time: _____ AM / PM

Appointment Date: ____ / ____ / ____



NERVE ROOT BLOCK / FORAMINAL INJECTION PATIENT INFORMATION

What is a Nerve Root Block / Foraminal Injection?

A Nerve Root Block, also referred to as a Foraminal Injection is used to relieve ongoing pain or discomfort by reducing inflammation associated with the inflamed nerve. Generally the injection contains a mixture of steroid and local anaesthetic which serves as a strong locally acting anti-inflammatory.

Is there any preparation involved?

You are required to fast from food and fluid for 4 hours prior to your procedure.

Can I take my medication as normal?

If you take any blood thinners, you may need to stop taking these prior to your injection. Please seek advice from the radiology department on **8275 1906**.

All other medications can be taken as normal.

If you take krill or fish oil, this should be stopped 7 days prior to your procedure.

Before your procedure please let the radiographer know if you are, or think you may be pregnant.

What will happen during the procedure?

You will be asked to change into a hospital gown. The radiologist will talk to you about the injection that you are having and will explain any risks involved. The radiologist, with the help of a radiographer, will use CT imaging guidance to accurately guide the needle into the correct position and inject the site as requested.

How long will the procedure take?

The procedure will usually take 30-45 minutes.

Are there any risks?

The examination will involve a small dose of x-ray radiation. The potential benefits of diagnosing a medical condition are believed to be greater than the risks from receiving a small dose of x-ray radiation.

Please Note:

Please bring the following to your appointment:

- Request form (if referral from GP / Specialist)
- Medicare Card
- Any relevant previous x-rays

Obtaining your results:

Your images will be processed and then reported by a Radiologist. A copy of the report will be sent back to the doctor / specialist who referred you for the examination.

You will need to follow up the results of your examination with your referring doctor / specialist.

Repatriation General Hospital

Daws Road, Daw Park, South Australia 5041

Ph: 8275 1906 | F: 8275 1116

www.repatradiology.com.au | repat.radiology@health.sa.gov.au

Opening Hours: Monday—Friday, 8.30am—5pm

With any injection there is a very small risk of *infection*. We reduce this risk by using sterile disposable equipment and standard aseptic technique.

There is a small risk of *allergic reaction* to the contrast (x-ray dye) or to the medication that is injected. You will be asked some questions before the procedure and we ask that you tell us if you have any allergies. If you do experience an allergic reaction, such as itching or swelling of the face, it will be treated immediately with medication.

If you have had a previous contrast (x-ray dye) allergic reaction, it is important to advise the radiology staff prior to your appointment, please contact the department on 8275 1906.

All other risks will be explained to you by the radiologists before the procedure is undertaken.

What happens after the procedure?

You will be required to stay in the department for up to 2 hours for observation following the injection. This will depend on the site injected. The local anaesthetic given can temporarily affect the surrounding nerves and you may have some weakness and numbness in the area, and in the legs for a short time. We therefore advise you take care with the injected site for a few hours following your injection, and that you have someone to stay at home with you the night after the injection.

On leaving the department, if you notice any local reaction, tenderness, swelling or soreness of the area injected please contact your referring doctor.

The day after the steroid injection, some patients experience a short term side effect of facial flushing with a warm sensation.

If you are a diabetic you may experience a rise in your Blood Sugar Level (BSL) for a few days after receiving a steroid injection, please monitor these levels carefully and seek advice from your GP if concerned.

When will I notice the effect of the injection?

The local anaesthetic generally takes effect immediately after the injection. This will usually last for a few hours. The steroid generally takes between two to seven days to take effect, so you may experience a time before the steroid takes effect where you have no relief.

The relief that you experience can vary widely between patients.

Can I drive after the procedure?

No, you should not drive after your procedure. Please arrange for someone to drive you home.

Who can I contact if I am not sure about something?

If you have any questions at all, please do not hesitate to contact our reception staff on 8275 1906 and they will assist with your questions, or direct you to the most appropriate staff member to assist you.

Updated Sept 2013 (Review Sept 2016)

Questions?

Please feel free to call us on 82751906 for any questions before or after the procedure and you will be directed to the appropriate health care professional.

Where can I park?

You may park your car on Daws Road, or in the "Clinics" outpatients car park, this is the first entrance on the left off Daws Road. Follow the walkway to Repat Radiology, it is well signposted.

Repatriation General Hospital

Daws Road, Daw Park, South Australia 5041
Ph: 8275 1906 | F: 8275 1116
www.repatradiology.com.au | repat.radiology@health.sa.gov.au

Opening Hours: Monday—Friday, 8.30am—5pm

