

Name: _____

MRN: _____

Appointment Time: _____ AM / PM

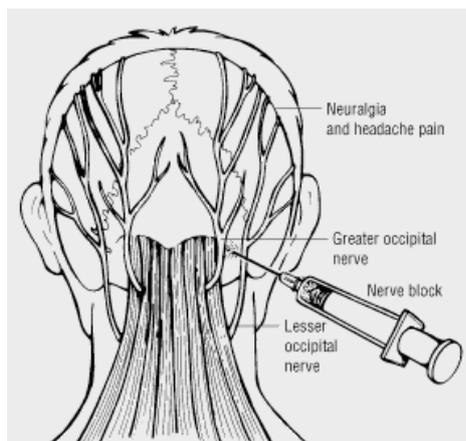
Appointment Date: ____ / ____ / ____



GREATER OCCIPITAL NERVE BLOCK PATIENT INFORMATION

What is a Greater Occipital Nerve Block?

A greater occipital nerve block is a procedure in which a mixture of steroid and local anaesthetic is injected into the greater occipital nerve (which is located just beneath the scalp in the back of the head).



The injection may help relieve headache or migraine symptoms by reducing inflammation of tissues around the occipital nerves.

Is there any preparation involved?

There is no fasting required.

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.

What will happen during the examination?

The radiologist (specialist doctor) will talk to you about the injection that you are having and will explain any risks involved; they will then ask you to consent to the procedure and fill in a consent form.

You will be required to lie down for the procedure. The sonographer (person who performs ultrasound scans) will do an ultrasound exam to locate the occipital nerve. The radiologist will then guide the needle into the correct position and inject the site as requested.

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

How long will the examination take?

The procedure will usually take 30 minutes, but the actual injection itself only takes a few minutes.

Are there any risks?

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* with any medication. Before your procedure you will be asked about any allergies that you may have.

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 about 30 mins following your injection to ensure you are fully recovered before you leave.

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, and it may be necessary to take some pain relief during this time.

The relief that you experience can vary widely between patients.

Can I drive after the procedure?

You should arrange for someone to drive you home following the procedure.

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 March 2017 (Review March 2020)

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.

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