

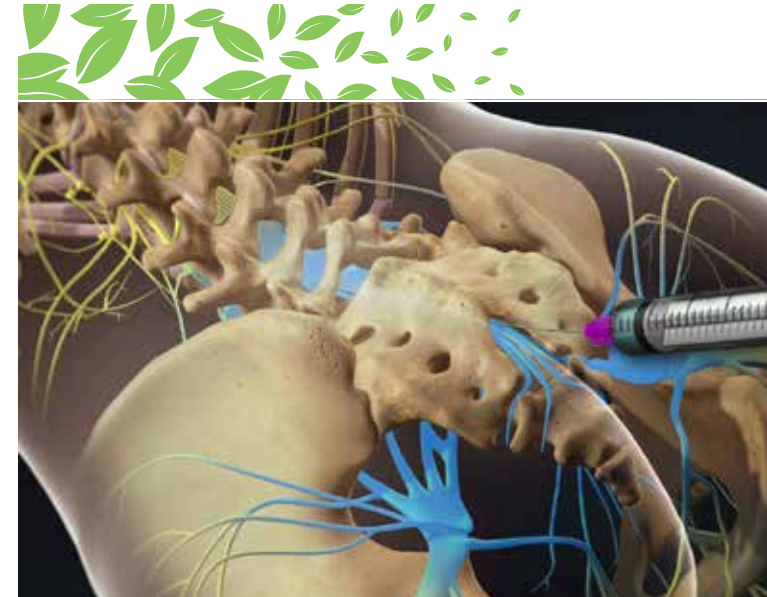
Intervention Pain Procedure

Caudal Epidural Steroid Injection

After the procedure

Patients are advised to consider the following:

1. You will be asked to rest for 15-30 minutes.
2. The anesthetic medication will wear off in a few hours and it's normal for you to feel pain at the injection site.
3. Cold compressions can be applied at home for 15 minutes, three times a day.
4. You may take Paracetamol (Panadol) or other medication prescribed for pain. You will feel improvement after two to five days, this is when medications are expected to take effect.
5. You will be given an appointment for follow-up.
6. Go to the Emergency Department if you experience any complications.
7. If you have any further query, please ask your doctor at the day of the procedure.



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Caudal Epidural Steroid Injection

What is it?

Caudal epidural steroid injection is a procedure where a local anesthetic and/ or steroid medications are injected into the caudal space to reduce the inflammation of the affected nerves. The caudal canal is located on the lowest part of the epidural space, also known as the “tail bone.”

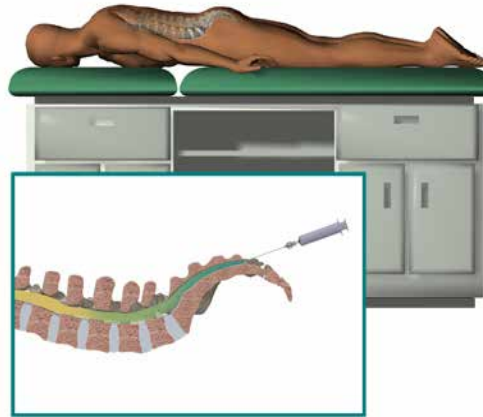


Procedure Overview

Indications

The caudal epidural steroid injection is intended to provide relief to patients suffering from the following conditions:

- Sciatica
- Herniated discs
- Bone spurs
- Other back problems



Before the procedure

Patients are advised to adhere to the following patient guidelines:

1. Fast for 6 hours prior to procedure.
2. Arrange for a family member/ friend to drive you home after the procedure.
3. Arrive at least 30 minutes early to avoid delays and cancellations.
4. Inform your physician about other disease conditions, medications or allergy to specific medications.
5. Inform your physician if you are pregnant.
6. Stop blood thinning medication (e.g. Plavix, Aspirin) as per your physician request.

7. Wear comfortable clothing and remove jewelries/ accessories before procedure.
8. You will be requested to wear the hospital gown.
9. An informed consent form will be taken before the procedure.
10. An intravenous cannula will be inserted when needed.
11. You will be awake during the procedure and in a very rare situations, sedation may be needed.

During the procedure

Your clinical team will assist with the following:

1. Help position you on your abdomen (stomach).
2. Monitor your vital signs during the procedure.
3. Clean and drape your back for the procedure to reduce the risk of infection.
4. Administer local anesthesia at the site of treatment to numb the area.
5. Administer guided ultrasound or Fluoroscopic X-ray during the procedure.
6. Inject local anesthetic and/ or steroids (for reducing inflammation) on the caudal spaces at the lower part of your back.