



1910 Blanding Street, Columbia, SC 29201
www.midorthoneuro.com

STEROID INJECTION INFORMATION SHEET

You are scheduled to undergo a Steroid Injection. It is advisable to touch base with one of our financial counselors prior to the procedure to determine your out of pocket cost. Please notify our office at least 24 hours prior to the procedure to avoid a no-show charge (803-256-4107).

Before you arrive for your appointment:

- You **are allowed to have a normal breakfast or a light lunch** prior to this procedure. You do not need to reduce your intake of liquids.
- **You must make arrangements to have someone accompany you who is capable of driving you home.** The procedure may not be done if you do not have a ride. The numbing medication you will be injected with may temporarily affect the nerves in your legs, making it unsafe for you to drive.
- **You must discontinue anti-coagulant drugs as instructed (Please reference list). Prior to discontinuing these medications you will need to speak to your cardiologist or prescribing physician to ensure it is safe to do so.** You may take all other regular medications. Be prepared to inform us of your **drug allergies** when you arrive.
- If you are taking antibiotics **or** running a fever (greater than 101F), the injection will need to be postponed until you have finished the antibiotics and no longer running a fever. Please call us ahead of time if at all possible.

This procedure is being performed to decrease the amount of discomfort you have related to the problem in your spine, hip or leg. It is an x-ray guided injection to calm inflammation. In some cases, it will take more than one injection to have complete relief of your symptoms, while in other cases, you will notice complete relief for the first 4 to 6 hours followed by a possible increase in your symptoms for another 2 days to a week. This is due to the volume of steroid preparation being injected and the amount of time it takes to be absorbed by surrounding tissue. To ease the discomfort you may experience, apply cold therapy to the area the first 48 hours, thereafter you may apply heat if needed or if this provides more relief. You will be given post injection instructions after the procedure that contains greater detail and instructions.

If you are having an **epidural** steroid injection, on rare occasions, the epidural will penetrate the sack around the spinal cord called the dura, and this may result in a headache. If this should occur, it is easily treated; however, you should let our office know. Within 1 to 3 weeks after the epidural, you should be able to determine the level of relief obtained from the injection. This injection may be repeated if partial, but not complete, relief is obtained.

If you have any questions prior to this procedure, please contact our office the day before your scheduled injection (803-256-4107).

Eva Jane Rawl, M.D.

Ryan A. Wetzel, M.D.

Anti-Coagulant List for Steroid Injections

<u>Must be stopped prior to injection</u>	<u>Amount of time to stop</u>	<u>Restart after:</u>
Lovenox (Enoxaparin sodium)	24 hours prior to injection	24 hours
Pletal (Cilostazol)	3 days prior to injection	24 hours
Coumadin (Warfarin)	5 days prior to injection	24 hours
Xarelto (Rivaroxaban)	5 days prior to injection	24 hours
Pradaxa (Dabigatran Etexilate)	5 days prior to injection	24 hours
Plavix (Clopidogrel)	7 days prior to injection	24 hours
Effient (Prasugrel)	7 days prior to injection	24 hours
Brilinta (Ticagrelor)	7 days prior to injection	24 hours
Aggrenox (Aspirin & Dipyridamole)	10 days prior to injection	24 hours
Ticlid (Ticlopidine)	14 days prior to injection	24 hours
Aspirin and aspirin products (Bufferin, Excedrin, Goody powders, BC powders)	7 days recommended, not required	immediately
All other NSAIDS such as: Advil, Celebrex, Mobic, Ibuprofen, Naprosyn, Relafen, Voltaren, Lodine, Motrin, Aleve, Diclofenac, Cataflam	7 days recommended, not required	Immediately
Vitamins and Herbal supplements	7 days recommended, not required	immediately