

# Epidural (ESI) Procedure Instructions

If you have any questions or concerns about the procedure, or if you need to change your appointment date or time, please call 801-294-7246.

## BEFORE THE PROCEDURE:

- You may eat and drink as usual unless you have asked for sedation.
- Discontinue blood thinner including High dose Aspirin as directed by physician.
- You may not have an active infection or currently taking Antibiotics.
- Advise physician if you have any medication allergies.
- IV will be placed for any procedures performed in the neck as a safety precaution

## IF YOU HAVE ELECTED SEDATION:

- No food 8 hours prior to procedure, you may have water up to 3 hours prior to procedure.
- You must have a driver

## AFTER THE PROCEDURE:

You may stay in the office and rest quietly until you feel well enough to leave. For some people, this is 10 minutes; for others, it can be longer.

You may experience the following conditions lasting three to four hours:

- Numbness, tingling or weakness in your extremities
- Difficulty urinating or leaking urine
- Light-headedness caused by a drop in blood pressure
- If you have diabetes, steroids may cause a temporary increase in your blood sugar.

These conditions usually begin within the first hour after the injection.

The injected area may be numb for 24 hours, and the site may be sore for one to two days. You may get a bruise at the injection site.

**All procedures are performed at our Bountiful location**

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