



# Lumbar Root Block / Foraminal Epidural Injection

Information for patients



**New Hall  
Hospital**

Part of Ramsay Health Care

# What are **Nerve Root Blocks / Transforaminal Epidural Injections?**

A mixture of local anaesthetic and steroid are injected around your nerve root as it leaves the spinal canal in your lower back. Any of the roots can be injected, according to your symptoms. They all have a different number to help identify them, depending on which level in the lower back they emerge from.

The diagram below shows a lumbar L4 Foraminal Epidural Steroid Injection (top needle) and a sacral S1 Foraminal Epidural Steroid Injection (lower needle).



## Why do I need this injection?

The injection will help us diagnose the structure causing your symptoms.

- By placing a local anaesthetic around it, your nerve root is temporarily numbed. It is useful to know whether you then notice any change in your symptoms in the leg or back while the anaesthetic is working for the first 6 hours after the injection. Record these changes in the table at the end of this booklet.
- While the local anaesthetic is active, you may notice some numbness and/or weakness in the leg.

To give pain relief.

- The steroid part of the injection is an anti-inflammatory and reduces the inflammation and swelling around the nerve which may help ease pain, predominantly in the leg.
- Response to the injection varies greatly from person to person. Some people get excellent pain relief, while others notice little or no benefit.
- The MRI scan does not help us understand who will respond to the injection. The length of time people notice a change in their pain varies from no response, through to long term improvement.
- Symptoms sometimes return, but the injection can provide a window of pain relief that allows you to engage with Physiotherapy and exercise while the disc naturally recovers.

## Consent

Your spinal specialist will explain the risks and benefits of the procedure. These are also outlined in this leaflet. You will be asked to sign a consent form prior to the injection. If you have any questions, then please feel free to ask any member of the Spinal Team. There is also a patient information leaflet on consent, that you can read for more information - please ask if you would like a copy.

Hundreds of thousands of patients have had spinal epidural injections with steroids with only a small number of risks reported. Around a quarter of medicines used in pain medicine are 'off license'.

This means that the medicine has not been approved by a regulatory body for the purpose for which they are to be used. Drug companies do not feel the need to run expensive trials to licence steroid injections for the spine, when they are already in constant safe and effective use in medical practice.

## What are **the risks?**

### **Common**

- Worsening of pain. Some people experience an initial increase in their back or leg pain. This is usually short term.
- Pain and bruising at the injection site. This will improve after a few days and not everyone experiences it.
- Effects of the steroid. This can include a flushed face or insomnia. The steroid will also reduce your normal immune response for a week or so, therefore you may be more susceptible to picking up or fighting illness. Diabetics may notice an increase in blood sugar levels for a few days after the injection, so it's advisable to closely monitor your blood sugar levels for the following week after the injection, if you are diabetic.
- Feeling faint, as your blood pressure may temporarily drop.

### **Rare**

- Allergic reaction to the local anaesthetic, dye, antiseptic or plasters used. If you have known allergic reactions, then please advise your spinal medical team prior to the procedure.
- Temporary weakness or numbness in your leg due to the local anaesthetic around the nerve.
- Headache. If this does not improve within a few days contact the Spinal Team.

### **Very Rare**

- Damage to the nerve root via trauma from the needle or a bleed around the nerve, or infection. Any of these complications could put more pressure on your nerve. This could lead to an increase in your leg symptoms. It is very rare for permanent damage to occur to a nerve outside the spinal column and the injection is done under X-Ray guidance, so the Consultant can accurately place the needle.

## What are **the benefits?**

- The injection can greatly improve your leg and sometimes your back pain, in the short or long term, but may not provide a cure.
- Response to the local anaesthetic can confirm that we are treating the correct structure responsible for your symptoms. This can be important if surgery needs to be considered at a later stage.
- By reducing your pain, you can engage with other beneficial activities such as exercise or Physiotherapy.
- You may be able to reduce or stop pain medication (under advice from your GP).
- Your sleep and day to day activities may improve if you get a reduction in pain.

## How do **I prepare?**

### **Please let us know if:**

- You are diabetic.
- You have tested positive for MRSA.
- You are feeling unwell or have a temperature.
- You have been admitted to hospital since being placed on the waiting list for the injection.
- There is any possibility you might be pregnant. The injection is done using an X-Ray.
- If you have a blood clotting disorder.
- If you are taking any medication that thins your blood. This will need to be stopped prior to the procedure. It's very important that you inform the spinal medical team, as they will need to advise you how long your medication needs to be stopped for, prior to the injection. Failure to stop blood thinning medication increases your risk of complications to the blood vessels, as outlined in the rare risks section. If you are taking any of the following medication, or have

any concerns about whether your medication thins the blood let our spinal medical team know as this list is not exhaustive:

- Aspirin or Warfarin
- Injections such as Warfarin, Heparin, Dalteparin or Enoxaparin
- Anti-Platelet drugs such as Clopidogrel, Rivaroxaban, Apixaban, Dabigatran, Edoxaban, Ticagrelor, Diprydamole

If you are not sure about your medication you can check it using the British National Formulary website: [bnf.nice.org.uk](http://bnf.nice.org.uk)

Please ensure that a responsible adult accompanies you to the hospital and is able to drive you home afterward. This is because you will be unsafe to drive after the procedure, due to the potential numbing effect of the local anaesthetic on your leg. We do not recommend that you use public transport. By the following day, the numbness should have worn off. If you are having a sedation you must arrange for a friend or relative to stay with you overnight.

## What happens **during the procedure?**

You will be sent an appointment to come to the hospital to have your injection. Expect to be in the hospital for 3-4 hours, although you may be able to go home more quickly than this. You will be asked to change into a hospital gown.

### **Injections with Local Anaesthetic**

Your back will be cleaned with antiseptic solution. The injection is done under X-Ray guidance. Local anaesthetic will be injected which can sting. A fine needle is then introduced into your back down to the nerve. Dye is then often used to confirm that the needle is placed in the correct position. You will then feel pressure as the local anaesthetic and steroid are injected. Sometimes the symptoms in your leg will be temporarily worse, due to the pressure around the nerve. The needle will then be removed. By doing the injection with local anaesthetic there is an added advantage of assessing whether there is a reduction in your symptoms in your leg or back after the injection, as you will be alert and able to record this whilst the anaesthetic is active (approximately up to 6 hours).

## **Injections under sedation**

You will be given a sedative prior to the procedure in a separate room next to the theatre. Once the sedative has taken effect you will be taken on the hospital bed to the theatre where the injection will proceed as above.

## **What happens after the procedure?**

You will be transferred to a recovery area and when you are feeling well enough and the nurses are happy your vital signs are normal, you can be driven home by the person accompanying you.

### **If you have had local anaesthetic:**

Make a note of any change in your back and leg pain for the first 6 hours after the injection. You may choose to use the pain diary at the end of this leaflet to record the change in pain levels as they occur. It's very common for the pain to return the following day after the injection. We therefore recommend that you continue with your usual pain relief medications. The next day you can start to take any anti-inflammatories or other medications you have stopped prior to the injection, as you did before the procedure. You can gradually and gently return to normal day to day activities. We would advise you to avoid strenuous activity for 48 hours after the injection.

### **If you have had a sedation:**

You should arrange for a responsible adult to stay with you overnight following your injection. You should not drive or make any important decisions for 24 hours after the procedure. After this you can return to work and normal activities as you feel able. It's very common for the pain to return the following day after the injection. We therefore recommend that you continue with your usual pain relief medications. The next day you can start to take any anti-inflammatories or other medications you have stopped prior to the injection, as you did before the procedure. As your pain improves you can gradually increase your activity and return to exercise.

Remember to pace this return to function and exercise gradually, as you may have good and bad days as you recover.

## Will I have a **follow up appointment?**

No, you will remain on a 'patient initiated follow up' (PIFU) pathway for 6 months to 1 year. This means that you will need to contact your spinal specialist's secretary to book a follow up if you want to be reviewed. The numbers to contact are at the end of this leaflet.

Most people notice a change within a month of having the injection, so call us to book a follow up if you have not noticed a difference by this time.

## Who do I contact **if I have concerns?**

**If you are worried about any symptoms after your injection you can contact the nursing team for advice.**

Remember it is common to experience temporary increase in symptoms in the back and leg after the injection and you should manage this by taking pain relief as prescribed by your GP and adjusting your activities.



## Contact us if:

- Your injection site shows signs of infection such as discharge or redness/swelling or if you have a fever or feel unwell.
- You experience unremitting severe pain, or new pain, weakness or altered sensation in a different place or limb from your symptoms prior to the injection.
- You develop new persistent headaches, which only improve when you lie down.

If you are unable to reach the team or you have an urgent query outside of the hours the nurses are available, contact your GP or local Out of Hours Service.

## Useful Contact Numbers:

### For Medical Enquiries Call:

**New Hall Hospital Switchboard:** 01722 422 333 **and speak to the operator** then ask to be directed to: The Outpatient Department.

### To book a Follow Up Appointment Call:

**New Hall Hospital Switchboard:** 01722 422 333 **and speak to the operator:**

NHS Patients: Ask to be directed to Spinal Secretaries

Private Patients: Ask to be directed to your Consultants Private Secretary

# Pain Diary:

Pain score: 0 is no pain, 10 is very severe pain.



	Back Pain	Leg Pain
Prior to injection		
First 6 hours after injection		
24 hours after injection		
Two weeks after injection		
One month after injection		
Two months after injection		

## References and useful links:

- <https://ramsayhealth.co.uk/hospitals/new-hall-hospital/treatments/spinal-services>, click on the services button for more information
- <https://tamethebeast.org>
- British National Formulary. <https://bnf.nice.org.uk/treatment-summary/oral-anticoagulants.html>

# Notes

A series of horizontal dotted lines for writing notes, spanning the width of the page.

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