

LUMBAR TRANSFORAMINAL INJECTION

Patient Information

Your date and time of procedure is _____

Indications

- Therapeutic block for treating Low back pain with or without leg pain or buttock pain.
- To find out cause of back pain with or without leg pain or hip pain.

Your Responsibilities

- Please take all of your medications including blood pressure and heart medicine with a sip of water in the morning of the procedure **except aspirin and blood thinners**. Do not eat any solid food for at least 6 hours before the procedure. You may take clear liquid (water, black coffee, apple juice, etc.) up to 2 hours before the procedure.
- Discontinue oral anticoagulants (coumadin), Aspirin, Celebrex, Tyclid, and Plavix etc at least for 5 days before the procedure. Please inform your doctor/cardiologist before discontinuing anticoagulants.
- If you are Insulin dependent diabetic, please do not take morning dose of insulin. Bring your insulin with you to the clinic.
- *Only for female patients:* Interventional pain management procedures are not performed in *pregnant patients*. If you have any doubt on this, please let us know for blood or urine pregnancy test.
- Please bring a driver with you on day of the procedure otherwise the procedure will be rescheduled.
- Arrive at the clinic 30 minutes before the procedure.

Procedure

- You will be positioned on your stomach on the procedure table. The skin will be prepared in a sterile fashion.
- You will have an intravenous access for medications. You will receive sedations so that you tolerate the procedure. You will be awake. You will be attached to the heart monitor, BP machine, and pulse oxymeter to monitor vital functioning during the procedure.
- With the help of special X-Ray machine called fluoroscope, the procedure will be performed. You may experience some discomfort during initial numbing procedure. The needle insertion at time can be uncomfortable despite thorough numbing of the skin.
PLEASE DO NOT MOVE DURING THE PROCEDURE.
- You will be monitored for 30 minutes after the procedure.
- Medications Used are: Sedations, Water-Soluble dye, e.g., Isovue-m 200/300 or Omnipaque 180/300. Preservative free 1%, 2% lidocaine, 0.25%, 0.5% Bupivacaine, Corticosteroids such as Betamethasone & Triamcinolone for pain relief.

Side Effects & Complications

Incidents of complications are rare but can happen.

- Bleeding, infection, worsening of pain for initial 24-48 hours, no pain relief etc.
- You must call if you experience, fever with chill, worsening of back pain with radiation to legs, fever with headache or neck stiffness, or any other unusual symptoms.
- You may apply local heat and take some prescribed pain medication for pain relief.
- In case of Emergency YOU MUST GO TO THE NEAREST EMERGENCY ROOM and also call Dr. Gupta at 859-468-2583.