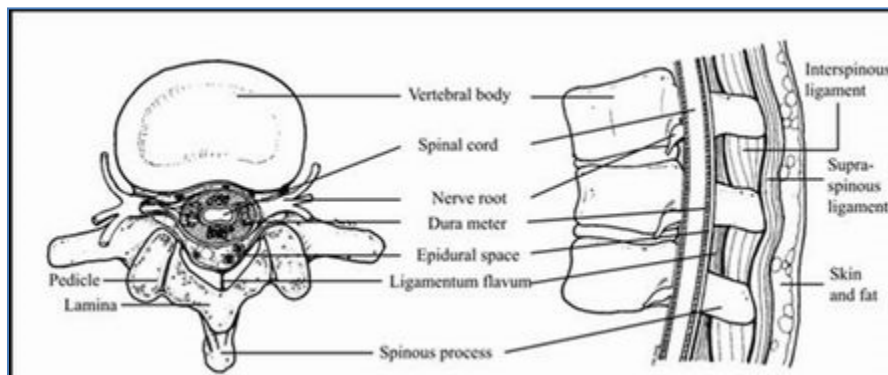


What is a Transforaminal Epidural Steroid Injection?

Transforaminal ESI (epidural steroid injection) is a more selective injection technique into the Epidural space targeting the area where the nerves emerge from the nerve root canals. The transforaminal approach allows more targeted placement of the medication.



Drawing showing the cross section view and longitudinal view of major anatomical features of the vertebral column including the epidural space.

Frequently Asked Questions

Why is a Transforaminal Epidural Steroid Injection helpful?

A Transforaminal Epidural Steroid Injection is a minimally invasive procedure which permits targeted delivery of steroids into a specific location to decrease nerve irritation.

What can I anticipate during the procedure?

You will be taken into the procedure room, asked to lie on your side or stomach and your skin will be cleansed. Next, the doctor will numb a small area of skin with a local anesthetic which may sting for a few seconds. The doctor will then use x-ray guidance to direct a very small needle into the epidural space. After the needle is in the proper location, a small amount of steroid is injected into the epidural space. Once this has been completed, the doctor will take out the needle and the procedure is complete.

Will this procedure be painful?

You will be given local anesthetic while undergoing this procedure. This should help with any injection related discomfort you may feel during the procedure.

Are there any side effects of treatment?

After a cervical injection you may feel some tingling or numbness in your arms or fingers. After a lumbar injection you may feel some tingling or numbness in your lower back or legs. This is temporary and should go away within a few hours of your treatment.

What You Need to Know Before Your Appointment

Pre-Procedure Instructions:

- Please bring all X-rays, MRI films, etc. with you for your initial visit.
- **DO NOT** eat any solid food for at least 6 hours and **DO NOT** drink any liquid for at least 4 hours prior to your appointment.
- If you have sedation during the procedure, you will need someone to come with you and to drive you home. You will not be able to drive for 24 hours following the procedure.
- Please wear clean, loose fitting clothing such as sweats. You will be wearing these clothes during the procedure. Belt buckles and buttons could interfere with the X-rays.
- Please drink plenty of WATER the day before your procedure.
- **Diabetics**
DO NOT take your insulin or oral anti-diabetic agents on the day of the procedure. You may eat and take your diabetic medications **AFTER** the procedure.
- Please note the **Medication Guidelines** covered below.

Medication Guidelines:

Please **STOP** taking the following medications (if applicable) **seven (7) days before** your procedure:

- Arthrotec • Toradol • Ibuprofen • Anaprox • Relafen • Advil • Naproxen • Feldene
- Voltaren • Indocin • Percodan • Motrin • All pain or arthritis herbals (ginko biloba, feverfen, ginger)

Please stop taking all Aspirin products **seven (7) days before** your procedure including:

- Baby aspirin • Bufferin • Excedrin • Anacin • Ascriptin • Ecotrin • Empirin • Midol • Pepto-Bismol
- Sine-Off • Sine-Aid IB • Nuprin • Dristan Sinus • Orgaran • Persantine • Aggrenox

Please call our office **IMMEDIATELY** at 253-627-2666, if you are taking any of the following medications:

- **Levenox • Coumadin • Plavix • Ticlid.**

•You may have small sips of water to take your routine medications that are not mentioned in the Medications Guidelines above.

Please call Cascade Interventional Pain Center at 253-627-2666 with further questions.