

Before Your Spinal Injection (Shot)



This is what you should do to get ready for the spinal injection you will be having to help with your pain:

- For 1 week (7 days) before your spinal injection, **do not take** any of these medicines:

- Aspirin
- Naproxen (Naprosyn, Alleve)
- Ibuprofen (Advil, Motrin)
- Clopidogrel (Plavix)
- Ticlopidine (Ticlid)
- Warfarin (Coumadin)
- Enoxaparin (Lovenox)
- Fondaparinux (Arixtra)



- For 1 week (7 days) before your spinal injection, do not take any of these herbs:



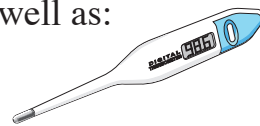
- Garlic
- Ginseng
- Ginkgo



- Tell your health care provider if you are taking medicine, supplements or herbs for arthritis.

- For 1 week (7 days) before your spinal injection, you must be free from any infection, such as of your skin, teeth, kidney or bladder, lungs, as well as:

- fever
- runny nose
- cough



- Tell your health care provider if you have ever before had an allergic reaction to:

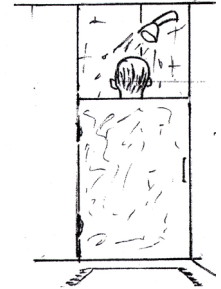
- Contrast dye
- Iodine
- Any medicines used to lessen skin pain (medicines such as Lidocaine, Bupivacaine, Marcaine)
- Steroid medicines such as Depo-Medrol



- Tell your health care provider if you are pregnant, or there is any chance that you may be pregnant.

After Your Spinal Injection (Shot)

- Do not drive or operate any machinery for the next 24 hours (2 days).
- Do not do any hard, physical activity for the next 24 hours.
- You may take a shower, but do not take a tub bath, soak in water, or go swimming for the next 24 hours.
- For the next 24 hours, do not use a heating pad or warm washcloth on the place where you got your shot.
- You may go back to eating as you usually do.
- The next morning, you may take off any bandages.



Here is a list of side effects that could happen up to 4 hours after your shot. If you have any of these side effects, do what the instructions tell you to.

- If you have leg weakness or numbness (less or no feeling), have someone help you walk. If the weakness or numbness does not go away, or if it gets worse, go to the Emergency Room.
- If you have dizziness, lie down right away. This usually helps. Sit up slowly, and then, when you have been sitting for 10 minutes, stand up.
- If you have a mild headache, drink fluids and take acetaminophen (Tylenol) for pain. Tell your doctor if the headache does not go away, or if it becomes worse.
- When the medicine used to numb your skin (anesthesia) wears off, you may feel some pain where you had the shot. It usually only lasts for a few days. You may put ice over the place where you had the shot. Keep a towel between your skin and the ice. This will protect your skin. Leave the ice on only for 20 minutes at a time, and let at least 2 hours go by between times when you use the ice.

Go to the Emergency Room if you have any of these problems:

- A very bad pain or headache.
- Fever or chills.
- The place around where you had the shot becomes red or swells up.
- You get weaker and weaker.
- You are not able to control your pee (urine) or stool (bowel movement).



The steroid you got takes a few days to start working, so your pain may not get better for a few days. Many people get some pain relief from the shot. The shot usually helps leg pain more than back pain. The shot will not fix what is causing the pain, but may take away some of the pain. This relief from the pain may last from 2 weeks to 6 months.



**Make a follow-up appointment in 4 to 6 weeks by calling
the PM&R/Spine Clinic at 214-590-5218 or the Referral Center at 214-590-5601**