

Lumbar Epidural Cortisone Injections

Pre and Post Procedure Instructions

Pre-Procedure Instructions:

1. You will need to be driven home from the procedure so make appropriate arrangements.
2. Notify your provider at Pioneer Spine and Sports Physicians if you would like medicine to help you relax during the procedure.
3. Relax! Most people expect spinal procedures to be worse than they are.
4. The following medications are “blood thinners” of one sort or another and must be avoided before the procedure:

Aspirin

Aspirin and all aspirin containing medications (Anacin, Ascriptin, Bayer, Bufferin, Ecotrin, Excedrin, Pentasa, and others) – **Stop 7 days prior to your procedure.**

All medications listed below should be stopped 3 days prior to your procedure:

NSAIDs (NON STEROIDAL ANTI-INFLAMMATORIES)

Choline and magnesium salicylates (CMT, Tricosal, Trilisate)

Choline salicylate (Arthropan)

Diclofenac potassium (Cataflam)

Diclofenac sodium (Voltaren, Voltaren XR)

Diclofenac sodium with misoprostol (Arthrotec)

Diflunisal (Dolobid)

Etodolac (Lodine, Lodine XL)

Fenoprofen calcium (Nalfon)

Flurbiprofen (Ansaid)

Ibuprofen (Advil, Motrin, Motrin IB, Nuprin)

Indomethacin (Indocin, Indocin SR)

Ketoprofen (Actron, Orudis, Orudis KT, Oruvail)

Magnesium salicylate (Arthritab, Bayer Select, Doan’s Pills, Magan, Mobidin, Mobogesic)

Meclofenamate sodium (Meclomen)

Mefenamic acid (Ponstel)

Nabumetone (Relafen)

Naproxen (Naprosyn, Naprelan)

Naproxen sodium (Aleve, Anaprox)

Oxaprozin (Daypro)

Lumbar Epidural Cortisone Injections

Pre and Post Procedure Instructions – Page 2

Piroxicam (Feldene)
Salsalate (Amigesic, Anaflex 750, Disalcid, Marthritic, Mono-Gesic, Salflex, Salsitab)
Sodium salicylate (various generics)
Sulindac (Clinoril)
Tolmetin sodium (Tolectin)

This is a partial list. If you are unsure whether you are taking an NSAID, please call us.

Please notify our office if you are on any of the medications listed below. These will probably need to be held for several days prior to your injection.

Warfarin (Coumadin)
Acenocoumarol
Heparin
Low molecular weight heparin: Enoxaparin (Lovenox)
Dalteparin
Fondaparinux
Clopidogrel
Prasugrel
Ticagrelor
Cangrelor
Dabigatran
Rivaroxaban (Xarelto)
Apixaban (Eliquis)
Edoxaban
Abciximab
Eptifibatide
Tirofiban

Post-Injection Instructions

1. Rest at home for the remainder of the day following the injection. Don't tackle any big projects. If you do experience aching in your neck or back, try an ice pack for 15-20 minutes or some of your usual pain medication such as Tylenol or Advil.
2. The day after your injection you may resume normal activities but remember not to push beyond your limits.

Lumbar Epidural Cortisone Injections

Pre and Post Procedure Instructions – Page 3

3. A follow-up appointment should have been scheduled before your procedure. If it was not scheduled, be sure to do so at the time of your procedure.
4. Contact your doctor or the emergency room if you develop signs of infection (fever or redness at the site of injection), or if you notice a change in the way the nerves in your arms or legs are working (increasing numbness or weakness) or a change in your bowel or bladder function.