



Epidural Injections

Patient Information Sheet



What is an Image-guided Epidural Injection?

The spine is made up of many bones called vertebrae with discs separating them. These bones have nerves running closely to them. Sometimes the discs can bulge, or arthritis can cause pressing against the nerves within the spinal canal, which can create radiating pain, numbness or weakness. An epidural injection using a CT scanner can be helpful as this targets multiple areas at once. A needle is guided into the epidural space with an anti-inflammatory and anaesthetic to help reduce the symptoms and inflammation.



How long does an Epidural Injection last?

The degree of pain relief varies, depending on the cause and location of the pain. Generally over time the disc will return to normal and stop pressing on the nerve. The injection is a temporary solution while your body is working on fixing the disc. Pain relief can last from one to twelve months but can last for years.



What is the process?

A diagnostic CT and sometimes a nuclear medicine bone scan are required to find the area that may be causing the pain. After a consultation with our radiologist and completing a consent form you will be positioned by the technologist. Positioning scans will be taken. As our doctors aim to be as accurate as possible, this procedure may take up to an hour. When an appropriate injection site has been selected local anaesthetic will be placed around the area of concern to numb the area. The local anaesthetic lasts for approximately 4-6 hours. Under guidance of a CT a needle will be guided into the joint. When the radiologist is happy with the positioning of the needle a mixture of local anaesthetic and anti-inflammatory will be injected into the joint space. You will be given a Pain Diary to assess how your pain feels over the next 10 days. Please complete this as accurately as possible and return it to your referring doctor. You will need someone to drive you home as you may experience some weakness from the local anaesthetic.



What are the risks?

With all procedures piercing the skin, there is a small chance of infection or bleeding at the injection site. You may be required to stop blood thinners to reduce this risk.



What costs are involved?

Please contact us for pricing information.

Do I Need a Referral?

Yes. After receiving a referral from your GP you will be booked in by staff and asked a series of questions. We may also need to see your previous imaging. You can contact our friendly staff on 5430 3955.

