



Desert Spine Institute
2281 W 24th St
Suite 15
Yuma, AZ 85364

LUMBAR INJECTION INSTRUCTIONS

YOU HAVE BEEN SCHEDULED FOR A LUMBAR INJECTION

- This is a procedure to help your back and/or leg symptoms.
- Specific injection has been recommended based on your condition.
- The reason for, risks, and benefits of this injection have been explained to you.
- Please ask if you have any questions about this procedure.

IN PREPARATION FOR INJECTION

- Stop any anti-inflammatory medications (such as Aspirin, Advil, Naprosyn) 5 days prior to the injection (Tylenol is OK)
- Alert us if you are on Plavix or Coumadin as these should be stopped, but we will have to have you check with your medical doctor to see if this is acceptable.
- You do not need to fast prior to the injection.

INJECTION

- The procedure will take approximately ten minutes.
- You will be asked to change into a gown but will be able to keep your underwear on.
- Fluoroscopy (special x-ray) is used to guide the procedure.
- You will not require any sedation, but local anesthetic will be used at the site of injection.
- Two medications are injected- a local anesthetic and a steroid medication.

AFTER THE INJECTION

- You can remove the Band-Aid later in the day after your injection.
- You can resume your regular medications after the injection without specific restriction.
- There may be some temporary discomfort in your back or leg after the injection but symptoms are expected to gradually improve over the ensuing week.

ACTIVITIES/ EXERCISES

- You can resume activities / exercises as you tolerate without specific restriction.



DRIVING

- You can drive as you feel safe doing so.



FOLLOW-UP APPOINTMENTS

- You should have a follow up visit approximately one month after the injection procedure.
- Call at any time if you have any questions or concerns.