

## Lumbar Nerve Root Injection

Patient Information Sheet No. Int 7

### Your appointment:

**Date:** .....

**Time:** .....

**Location:**  
.....

Please see our website or the back of this form for more branch details.

### Duration of Examination:

This will vary according to the number of nerve roots injected. Normal procedure time will be approximately 30 minutes.

### Please bring with you:

- Your request form
- All previous relevant imaging
- Medicare and any Healthcare cards

### Payment on the day of the examination is requested.

For more information on this procedure please call one of our branches.

For more information regarding Benson Radiology please visit:  
[www.bensonradiology.com.au](http://www.bensonradiology.com.au)

### What is a Nerve Root Injection?

Nerve roots are the parts of the nerves which emerge from the spinal cord. Conditions such as prolapsed discs can cause inflammation and irritation of the nerve roots. This may result in considerable pain in the spine and along the nerves into the arms or legs.

The injection used for this procedure is a mixture of local anaesthetic and steroid (anti-inflammatory medication). The injection is intended to relieve pain by decreasing inflammation associated with the irritated nerve.

### Patient preparation

Please inform us if you are taking any blood-thinning medication (i.e. Aspirin, Warfarin, Clopidogrel, etc) or if you have any allergies.

You will need to fast for two hours prior to the procedure. **Please advise the radiographer if you are, or think you may be, pregnant.**

### What will happen during the examination?

You will be asked to change into a gown and to lie face down on the CT examination table. Your skin will be cleansed in the area of interest to create sterile conditions. Local anaesthetic is injected into the skin. CT imaging is used to accurately locate the area to be injected and to guide the needle. It is important you keep as still as possible during the procedure.

A radiologist (specialist medical imaging doctor) will then use CT to guide the needle into position near the nerve root and inject the steroid and local anaesthetic solution. The needle is removed and a sterile dressing applied.

### Are there any risks?

You will receive a small dose of x-ray radiation. There is a small risk (1 in 20,000) of nerve injury at the level of the needle. Rarely, blood vessels close to the nerve root can be damaged by the needle causing a blood collection to form resulting in pressure on the nerve (1 in 50,000). If this occurs it may need active treatment to correct. Other problems (i.e allergy) are considered to be very rare.

### After the examination:

You may experience some soreness or bruising at the needle site and, rarely, minor muscle spasm. You may also experience some temporary numbness at the injection site and down your affected limb. Occasionally an increase in sciatic pain can occur in the days after the procedure.

Once you are feeling comfortable you may leave. You may need someone to drive you home after the procedure. Please consider this when making your appointment. We request you do not perform any lifting or physical activities that may aggravate your condition for at least 12 hours after the procedure.

### Effects from the treatment:

The local anaesthetic may give temporary pain relief for up to four hours. Paracetamol may be taken if you experience discomfort. The steroid can take up to a week to reach its maximum effect. Relief from symptoms does vary between patients, both in time and scale.

Some people do not receive pain relief from the procedure if the nerve root is not the cause for their pain. This is generally not a failure of the procedure. This information is useful for your doctor and indicates other causes of pain may need to be considered.

**It is important you understand why and how we will be assisting you. If you have any questions, please call one of our branches or speak to our staff on the day of your visit.**