

## Special instructions

Please do not drive for the next 24 hours after receiving this injection.

Contact the Waiting List office if you are taking anti platelet or anti coagulation medication

## Contact information if you are worried about your condition

Your own GP

## Other useful contacts

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please use QR Code to complete the patient satisfaction survey**



**Southport & Formby Hospital**  
Town Lane, Kew,  
Southport, Merseyside,  
PR8 6PN  
Telephone: 0151 426 1600

**Ormskirk Hospital**  
Dicconson Way, Wigan Road,  
Ormskirk, Lancashire, L39 2AZ  
Telephone: 01695 577 111

[www.MerseyWestLancs.co.uk](http://www.MerseyWestLancs.co.uk)

# Selective Nerve Root Block

If you need this leaflet in a different language or accessible format  
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترسی‌باز نیاز دارید،  
لطفاً با یک از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式, 请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليها، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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## Selective Nerve Root

The aim of this procedure is to lessen the experience of pain.

Time in the Pain Management Clinic is available for you to discuss possible treatment options with the doctor providing this care.

Potential risks are listed on the consent form you will be required to sign prior to treatment. This is so that you may read and understand the treatment you are about to receive.

### **What is a selective Nerve Root Block**

This is an injection into specific nerves which the doctor has been able to identify in clinic following discussion with you and physical examination.

These nerves transport pain signals. By blocking these signals it is possible to reduce the level of pain you experience.

You will be received into the treatment area by a nurse and given time to remove your clothing and put on a hospital gown.

You will be required to lie face down on an operating trolley in a small minor theatre area.

Local anaesthetic will be injected first to numb the area where your nerve block is to be given.

On the day of your injection, you and your doctor will sign the consent form together to document your consent to proceed with the procedure.

This patient information leaflet is intended to be used to support discussion during your clinical consultation and as part of the informed consent procedure.

If there is anything you do not understand or are unsure about please ask the doctor at your appointment, or contact the Chronic Pain Management Department on the numbers below.

### **Contact Numbers. Southport and Ormskirk Hospital**

Telephone: 01704 704201  
Monday – Wednesday

Telephone: 01695 656421  
Wednesday - Friday

Waiting List office  
01695 656670

Specialist Nurse and Pain Nurses  
Telephone: 01704 705132

### Headaches

It is rare, but you develop a post procedure headache. This can occur when the spinal needle unintentionally punctures the outer covering of the spinal cord which causes some leakage of the spinal fluid (CSF). This headache can be eased by lying flat and drinking caffeinated drinks. If you develop a headache post procedure which does not settle please contact the hospital pain service for further advice.

### Injection Site Tenderness

You may experience some injection site tenderness and increased pain for a few days or hours after injection. This generally settles on its own.

### Alternative options

If you decide not to have the procedure your alternative option is to continue to manage your pain conservatively.

This can be assisted with physiotherapy and referral to pain management programme if suitable.

In some cases if appropriate and clinically indicated, you may choose to proceed with surgery instead.

**The aims benefits and alternatives to a spinal injection have been outlined within the leaflet. If you decide you do not wish to go ahead with your planned procedure, please contact the Waiting List office on 01695 656670 to inform them of your decision as soon as possible.**

When the area is numb an injection of dye is given. An x-ray machine will then be used to check the 'spread' of dye to ensure the specific nerve roots are within this area. The needles may need to be re-positioned a few times to ensure the best possible needle position and therefore best nerve root block to help you with your pain.

Once all needles are positioned in place to help you, a mixture of local anaesthetic and a slow release steroid preparation is injected around the nerve root. The steroid preparation has an anti-inflammatory action and will remain in your system for up to 12 weeks.

This does not denote the time the injection will last for; you may experience longer or shorter pain relief than this as every person is different. Many people experience significantly longer pain relief. Some however do not notice any benefit.

There may be some discomfort at the time of the injection but this should settle quickly.

This procedure will take approximately 20 minutes. After which you can get dressed. Staff will offer you a hot drink after which you may go home.

**Please DO NOT drive for 24hrs after the procedure.**

You should check to see which clinic area and which Hospital site you need to attend for this appointment as it may be different to where you have previously seen the 'Pain Doctor'.

## Preparing to come into hospital

### Medication

It is important you get the right information about what medication to stop prior to your procedure. If you are taking any anti platelet or anti coagulation medication for example:

Clopidogrel

Prasugrel

Ticagrelor

Warfarin

Apixaban

Dadigatran

Rivaroxaban

Edoxaban

Please contact the waiting list office on 01695 656670 to inform them before attending for the procedure. They will give you guidance on how long these must be stopped prior to the injection.

**If you are taking the medication following a stroke, heart attack, cardiac stent, coronary artery bypass graft or after a recent heart attack DO NOT stop this medication without advice from your pain doctor.**

### Risks/side effects

All steroid injections can cause a short term reduction in the function of the immune system along with possible facial flushing, short term menstrual irregularity in females and altered blood sugar levels in diabetic patients. Information on the risks can be found in the consent form.

### Infection

There is a small chance of wound infection or the potential for deeper spinal infection. We do take every measure to avoid this and procedures are conducted in a theatre environment aseptically to reduce risk.

### Bleeding

Rarely may you get some bleeding and or bruising around the injection site this will usually settle after a few days.

### Nerve Injury

There is the rare potential for a nerve injury. This can happen if the needle comes into contact with a nerve or nerve sheath. This may cause some numbness and weakness affecting the limbs. This is generally temporary whilst the local anesthetic wears off.