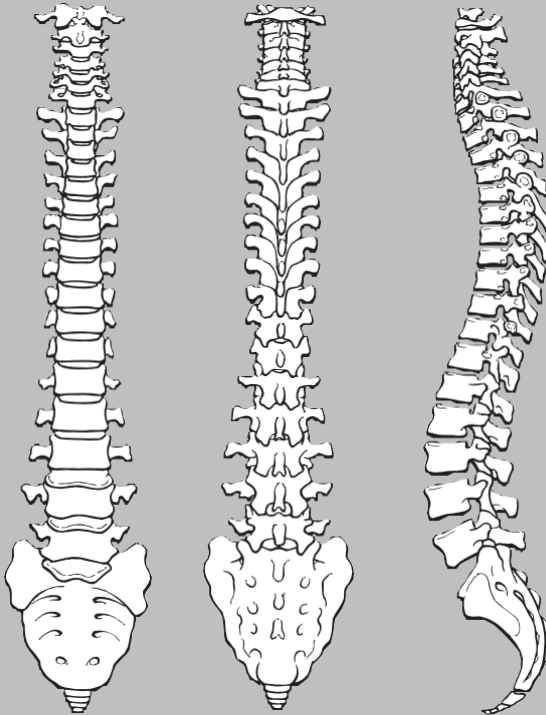




sheffield **orthopaedics** Ltd

Lumbar Nerve Root Injection or Foraminal Epidural Steroid Injection



Why do I need a nerve root injection?

This procedure is done to help your consultant diagnose the cause for your leg and /or buttock pain or as an attempt to treat it.

Do I need to stop any medications before the injection?

If you are taking any medication to thin your blood eg Warfarin, Clopidogrel, please inform your Consultant as these will need to be stopped before the injection. Aspirin does not need to be stopped. Otherwise please take all your medication as normal.

Do I need someone with me on the day of the injection?

You must not drive after the procedure, so it is advisable to have someone to bring you and take you home that day.

Will I have an anaesthetic?

The procedure is done under local anaesthetic as a day case. There is no need to starve before the procedure. You will come into hospital on the day of the injection.

What do I need to bring with me?

Bring a dressing gown and comfortable shoes to walk to theatre in. You will be provided with a hospital gown and will keep your underwear on.

What happens when I get to the hospital?

You will have some initial checks done by a nurse and will see your consultant. You will be taken to the operating theatre.

How is the nerve root injection done?

You will be helped onto a table lying on your tummy. Once you are comfortable in this position, the surgeon will prepare the equipment necessary to perform the injection. The surgeon will prepare the skin of your back with a cleaning solution. **Please inform us if you are allergic to anything.** Local anaesthetic will be placed in the skin and a needle guided down close to the nerve using the x-ray machine. It is important for you to inform the surgeon if you experience any

leg pain during the needle insertion as this may indicate that the needle is close to the nerve and may need repositioning. **For women of child bearing age, it is important you tell us if there is any chance you may be pregnant** as we are using x-rays to guide the needle. Once the surgeon is happy the needle is correctly placed, a dye (contrast) will be injected to confirm the correct position of the needle. This may reproduce the symptoms in your leg and / or buttock. When the surgeon is happy with the needle position, steroid and local anaesthetic will be injected and again may reproduce your leg and/or buttock pain. This is the end of the procedure.

What happens afterwards?

You will be helped down and be taken back to the ward in a wheelchair. After a short time on the ward you will be allowed to go home and an appointment will be made to see your surgeon between 2 and 8 weeks after the injection.

The steroid is not absorbed into your blood and will not produce the side effects of long-term steroids taken by mouth.

The injection improves the leg and or buttock symptoms in 80% of cases and can start to work any time from immediately to two weeks after the procedure. It works for between a few hours and permanently with most patients getting between 6 weeks and 6 months of significant pain relief. One in 5 injections will give good pain relief for more than a year.

Worsening of the pain occurs for 1 out of 20 patients and usually only lasts a few days.

How long do I need off work?

In most cases you will be fine to return to work and drive the next day.

What are the risks of this procedure?

All invasive procedures have some risks:

- Infection - approximately 1 out of 2000 cases;
- Bleeding – rarely, bleeding around the nerve can compress the nerves and an urgent MRI scan may be needed with urgent open surgery if a collection of blood needs to be removed;
- Nerve injury resulting in some pain and weakness in approximately 1 out of 5000 cases;
- Tearing the lining of the nerve requiring a period of bed rest and possible further injection – approximately 1 out of 3000 cases;
- Blood sugar. A rise in blood sugar levels for a few days in those who have diabetes;
- Allergic reaction. Allergic reaction to the medication or contrast is rare;
- Vascular injury. Damaging a blood vessel is very rare.



What is the British Spine Registry (BSR)?

The British Spine Registry aims to collect information about spinal surgery across the UK. This will help us to find out which spinal operations are the most effective and in which patients they work best. This should improve patient care in the future.

The Registry will enable patient outcomes to be assessed using questionnaires. These will allow surgeons to see how much improvement there has been from treatment.

This has worked for hip and knee joint replacements through the National Joint Registry. We need your help to improve spinal surgery in the UK.

What data is collected?

Your personal details allow the BSR to link you to the surgery you have had. They also allow us to link together all the questionnaires you complete. If you need any further spinal surgery in the future, details of previous operations will be available to your surgeon.

Personal details needed by the BSR are your name, gender, date of birth, address, email address and NHS number.

Your personal details are treated as confidential at all times and will be kept secure. This data is controlled by the British Association of Spine Surgeons (BASS) and held outside the NHS. Personal details will be removed before any data analysis is performed, retaining only age and gender. Your personal data and email address will not be available to anyone outside BASS

and its secure IT provider. Anonymised data may be released to approved organisations for approved purposes, but a signed agreement will restrict what they can do with the data so patient confidentiality is protected.

Your personal data is very important, as this will allow us to link details of your diagnosis and surgery with any problems or complications after surgery. You may also be asked to complete questionnaires before and after surgery to work out how successful the surgery has been. This will only be possible if we can connect you to the questionnaires through your personal details.

Do I have to give consent?

No, your participation in the BSR is voluntary and whether you consent or not, your medical care will be the same. Your personal details cannot be kept without your consent. This will be obtained either by asking you to physically sign a consent form or electronically sign one through an email link to a questionnaire or at a questionnaire kiosk in the outpatient clinic.

You can withdraw your consent at any time or request access to your data by:

- going to the patient section of the BSR website at www.britishspineregistry.com; or
- writing to us at the BSR centre (see address on next page). Please state if you are happy for us to keep existing data but do not want to be contacted, or whether you want your data to be anonymised (so it cannot be identified).

Research

Your consent will allow the BSR to examine details of your diagnosis, surgical procedure, any complications, your outcome after surgery and your questionnaires. These are known as 'service evaluations' or 'audits'. Operation and patient information, including questionnaires in the BSR, may be used for medical research. The purpose of this research is to improve our understanding and treatment of spinal problems. The majority of our research uses only anonymised information which means it is

impossible to identify individuals. From time to time, researchers may wish to gather additional information. In these cases we would seek your approval before disclosing your contact details. You do not have to take part in any research study you are invited to take part in and saying no does not affect the care you receive.

All studies using data from the Registry will be recorded on the BSR website at www.britishspineregistry.com

Children

Parents are asked to consent for data to be collected from their child. Looking at the outcome of spinal surgical procedures is just as vital in children as it is in adults.

Further information

The BSR website at www.britishspineregistry.com contains more information, including details of any studies and any information obtained through the Registry data.

To contact the BSR, write to:

The British Spine Registry
Amplitude Clinical Services
2nd Floor

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Droitwich
Worcestershire
WR9 8QT



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