



INTERVENTIONAL SPINE & PAIN INSTITUTE OF NEW ENGLAND

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CAUDAL EPIDURAL STEROID INJECTION

What is a Caudal Epidural Steroid Injection?

A caudal epidural steroid injection is the injection of steroid into the epidural space in the lower back (tailbone) area. The epidural space is an area located outside of the spinal cord area.

Why is a Caudal Epidural Steroid Injection performed?

A caudal epidural steroid injection may be performed if you have low back or leg pain.

What happens during the procedure?

You will be placed in the prone position (on your stomach, face down) on the table in the fluoroscopy room. Your lower back will be cleansed with an antiseptic solution and your skin will be numbed with a local anesthetic in the area of your tailbone. The physician will use fluoroscopy (x-ray) to guide the placement of the needle into the epidural space. The needle may not be placed in the exact same site as your pain. The medicine injected may “float” to coat the nearby nerves.

You may feel some pressure in your back or tailbone area along with some re-creation of your pain symptoms during the injection. The doctor will inject the medication slowly in order to decrease your comfort.

How long does the procedure take?

Approximately 20 minutes.

Contraindications for procedure:

Bleeding problems, infection, or pregnancy.

Special care afterward:

A band-aid will be applied at the injection site. You will be given the option to return to the lobby or rest as needed in our recovery room. The medical assistant will offer you juice or water if you so choose. Your discharge instructions will be reviewed and you will be able to go home after scheduling your next follow-up appointment.

REMEMBER ⇒ You are NOT permitted to drive if you have taken a sedating medication prior to your procedure. You MUST have someone drive you home or the procedure will be cancelled.

