



INTERVENTIONAL SPINE & PAIN INSTITUTE OF NEW ENGLAND

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CERVICAL INTERLAMINAR EPIDURAL STEROID INJECTION

What is a Cervical Interlaminar Epidural Steroid Injection?

A cervical interlaminar epidural steroid injection is the injection of steroid into the epidural space in the neck area. The epidural space is an area located outside of the spinal cord area.

Why is a Cervical Epidural Steroid Injection performed?

A cervical epidural steroid injection may be performed if you have neck or arm pain.

Is there any preparation for this procedure?

An I.V. might be placed in your arm prior to the procedure.

What happens during the procedure?

You will be placed in the prone position (lying on your stomach with your arms at your side) on the table in the fluoroscopy room. Your neck will be cleansed with an antiseptic solution and your skin will be numbed with a local anesthetic. The physician will use fluoroscopy (x-ray) to guide the placement of the needle into the epidural space. After correct needle placement is confirmed, the physician will slowly inject the steroid. The needle may not be placed in the exact same site as your pain. The medicine injection may “float” to coat nearby nerves. In some instances, the physician may inject a local anesthetic with the steroid. If so, you may experience warmth, tingling and/or numbness in your neck after the injection.

You may feel some pressure in your neck or some re-creation of your pain symptoms with the injection. The doctor will inject the medication slowly in order to decrease your discomfort.

How long does the procedure take?

Approximately 20-30 minutes.

Contraindications for procedure:

Bleeding problems, infection or pregnancy.

Special care afterward:

A band-aid will be applied at the injection site. You will return to the recovery area. A nurse will monitor your vital signs. Your discharge instructions will then be reviewed and you will be able to go home.

