



INTERVENTIONAL SPINE & PAIN INSTITUTE OF NEW ENGLAND

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LUMBAR INTERLAMINAR EPIDURAL STEROID INJECTION

What is a Lumbar Interlaminar Epidural Steroid Injection?

A lumbar interlaminar epidural steroid injection is the injection of steroid into the epidural space in the lower back area. The epidural space is an area located outside of the spinal cord area.

Why is a Lumbar Epidural Steroid Injection performed?

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

What happens during the procedure?

You may be sitting (with your back curved) or lying on your side 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 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 abdomen, buttocks or legs after the injection.

You may feel some pressure in your back 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 discomfort.

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 return to the recovery area. A nurse will monitor your vital signs. After 20 minutes, you will be able to sit or stand. The nurse will ask you how much pain is relieved prior to discharge. Your discharge instructions will then be reviewed and you will be able to go home.

