

## LUMBAR INTERLAMINAR EPIDURAL STEROID INJECTION

**PROCEDURE:**

- 1)   A   interlaminar epidural steroid injection
- 2) Fluoroscopic needle guidance

**REASON FOR PROCEDURE:**   B  

**PHYSICIAN:**

**MEDICATIONS INJECTED:** 2 mL of Depo-Medrol (80 mg) and 3 mL of sterile, preservative-free normal saline

**LOCAL ANESTHETIC INJECTED:** 5 mL of 1% lidocaine

**SEDATION MEDICATIONS:** None

**ESTIMATED BLOOD LOSS:** None

**COMPLICATIONS:** None

**TECHNIQUE:** Time-out was taken to identify the correct patient, procedure and side prior to starting the procedure. With the patient lying in the prone position, the area was prepped and draped in the usual sterile fashion using DuraPrep and a fenestrated drape. The level above was determined using fluoroscopy. A local anesthetic was given using a 27-gauge 1.25-inch needle by raising a skin wheal and going down to the hub. A 3.5-inch 18-gauge Tuohy needle was introduced under intermittent fluoroscopic guidance. The needle was advanced through the ligamentum flavum using the loss of resistance technique. Once the tip of the needle was thought to be in the desired position, the Omnipaque 240 was injected to confirm only epidural spread, and no vascular runoff. The injectate was then injected slowly.

The procedure was completed without complications and was tolerated well. The patient was monitored after the procedure. The patient (or responsible party) was given post-procedure and discharge instructions to follow at home. The patient was discharged in stable condition. A follow-up appointment was made.

**Pre-procedure pain score:** 9/10

**Post-procedure pain score:** 0/10

**Notes:** Talk about relief since last injection, or any interim events if you haven't seen them in clinic since the last injection, or improved function examples. Maybe mention a particular positioning change for that patient or that they were especially sensitive to the lidocaine sticks. Add anything that will help you on your next injection.