



## CT Scanning Blackrock Clinic

# CT Guided Epidural

**Expect to be with us for approximately 3 hours.**

### What is a Computed Tomography (CT) Guided Epidural?

- A CT scan produces a series of images of an area of your body using X-rays (radiation).
- These images are then used to guide the Consultant Radiologist in delivering the Injection of steroid into the epidural space in your lower back.
- Images will be taken before, during and after the injection is given.

### Preparation before your procedure

- You **DO NOT** need to fast.
- If you take Plavix /Clopidigrel, please withhold for 5 days.
- If you take Xarelto/Eliquis, please withhold for 1 day.
- If you take Clexane please withhold one dose.
- If you take any other anticoagulants not listed please contact the Out Patients Department on 1800 300 200 and ask for CT Bookings.
- If you are on warfarin your INR needs to be below 1.5.
- Please bring all insurance details. These are required on the day of your procedure on arrival and you will be requested to fill in the appropriate insurance forms.
- Depending on your policy type, there may be a shortfall or excess to pay on the day. Any relevant scans from other hospitals/clinics should be brought for the procedure.
- Please have an escort arranged to take you home after your procedure. You will not be allowed to drive.

- Please wear loose comfortable clothing.
- If there is a possibility that you may be pregnant please contact the Out Patients Department on 1800 300 200 prior to your appointment.
- If you are asthmatic please bring your inhaler with you.

### Arriving for your procedure

- Please report to the Out Patients Reception Desk to register **15 mins before your appointment time.**
- You will be asked to fill in some paperwork.

### Before your procedure

- A member of the team will collect you from the outpatients waiting area near to the time of your procedure.
- You will be brought to a cubicle in the Angio Day Care.
- Pre procedure checks will take place here and you will be asked to change into a gown.
- The Consultant Radiologist will explain the procedure and consent you, outlining any risks involved before the procedure begins.
- You will have an opportunity to ask any questions at this point.



## What will my Procedure involve?

- For the procedure you will be instructed to lie on the scan table.
- A sticky grid is placed over the area for injection and some planning scans are taken. All this involves is you lying still as the table passes in and out of the scanner.
- Once the planning scans are done the Consultant Radiologist will review these and decide on the exact location for the injection.
- An accurate mark will be made on your back with a marker demonstrating the site of injection.
- Your skin will then be cleaned with an antiseptic solution. This may feel cold on your skin.
- Some local anaesthetic will be injected first to numb the area. This may cause a bee sting like feeling.
- Once the area is numb the steroid will be injected. This may bring on a surge of pain/ discomfort but this should resolve once the injection is complete.
- A final scan is performed after the injection and a sterile dressing applied to the injection site.

## After the scan

- You will be assisted off the CT scan table by one of the CT team and brought back to your cubicle in the Angio Day Unit where the Radiology Nurse will assess you post procedure.
- You must remain flat on your back for at least one hour post injection.
- You will be discharged once the rest period is complete or your post injection checks are normal.
- An escort must bring you home. You are not to drive until the next day.
- It is normal to experience some pain at the site of injection. Pain relief can be taken to relieve this.
- You may also experience some numbness in your buttocks and legs which can last a few hours.
- If any complications arise once you are home please contact your GP or A&E Department. Alternatively you can contact the Out Patients Department within working hours (9am-6pm) on 1800 300 200 and you will be directed to an appropriate member of staff.

## Cancellation/Rearrangements of Appointment

- If you need to cancel or rearrange your CT Injection please contact the Out Patients Department on 1800 300 200 prior to your scan.