

Epidural Steroid Injection (ESI)

- [What is an Epidural Steroid Injection \(ESI\)?](#)

An ESI is the injection of a small amount of steroid into the epidural space in any area of the spine. The epidural space is an area located outside of the spinal cord.

- [Why is an ESI performed?](#)

An ESI may be performed if you have neck or arm pain and/or back and leg pain.

- [What happens during the procedure?](#)

You will be placed in the prone position (face down) on the table with your arms at your sides. The appropriate area of the back will be cleansed with an antiseptic solution, and your skin will be numbed with local anesthetic. The doctor will use fluoroscopy (a special x-ray) to guide placement of the needle into the epidural space. Once the correct placement is confirmed, the doctor will slowly inject the saline/steroid solution. The medicine injected will “float” to coat nearby nerves.

*You may feel some pressure in your back or recreation of your pain symptoms with the injection. The doctor will inject slowly in order to decrease your discomfort.

- [How long does the procedure take?](#)

Less than 20 minutes

- [Contraindications to the procedure](#)

Bleeding problems, infections at the site.

- [Special care afterward:](#)

Band-Aid will be applied to the injection site. You will be taken to the observation area. A nurse will take your blood pressure, pulse and respirations. You will be required to stay at least 15 to 30 minutes. The nurse will review your discharge instructions with you and then you will be able to leave.