

ABINGTON MEMORIAL HOSPITAL INTERVENTIONAL RADIOLOGY DEPARTMENT

1200 Old York Road · Abington, PA 19001

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MINIMALLY INVASIVE SPINAL PROCEDURES INJECTION DISCHARGE INSTRUCTIONS

- You have had a:
 - nerve root block
 - epidural steroid injection
 - synovial cyst aspiration
 - Other_____
 - facet block
 - piriformis injection
 - blood patch
- You may resume your normal diet.
- You may resume your normal medications.
- Do not drive a car, operate any heavy machinery, drink any alcoholic beverages, or make any important decisions for 24 hours after the procedure.
- Do not engage in any excessive physical activity for 24 hours after the procedure. You may then gradually return to normal activities as tolerated.
- You may resume your normal medications. However, if you take any blood thinning medications, such as anticoagulants, aspirin, or NSAIDS, refrain from taking them for 24 hours post procedure.

Blood Patch Only:

There is a small chance that a headache may result from this procedure. When a headache occurs, the following may help:

- Tylenol or medication you usually take for minor pain
- Drink lots of fluids. Caffeinated drinks such as coffee, cola, tea, etc. is often effective for this type of headache.
- Keep head flat when lying down.

Notify your primary physician and/or Radiologist IMMEDIATELY if any of the following occur:

- **Fever of 101° F (38 ° C)**
- **Worsening back pain**
- **Difficulty walking/numbness or tingling in legs/feet 8 hours after the injection**
- **Bladder or bowel changes including inability to urinate 8 hours after the injection**
- **Persistent or incapacitating headache**

Physician Contact Information

- **If you have a problem that requires immediate attention, you should go to the emergency room, either at Abington Memorial Hospital or the closest hospital, or call 911.**
- Our office is open Monday through Friday (*except major Holidays*) from 7:30 AM to 4:00PM. We can be reached at 215-481-6226.
- If you are unable to reach our office and you have an urgent an urgent need, please call the following:
 - ***During regular weekday hours*** (*except major Holidays*) from 7:30 AM to 4:00 PM, call **215-481-2071**. Press **#1 for outpatient needs** and **#3 to speak with a Radiology Nurse**.
 - ***For after hour emergencies*** call **215-481-2000** and ask the hospital operator to contact the Interventional Radiologist on-call.

Staff Signature_____

Date_____

Patient Signature_____

Date_____