



PATIENT INSTRUCTIONS: STEROID INJECTION

Your provider has recommended a steroid injection. Steroid injections are designed to treat pain and inflammation and help diagnose certain problems. Each client's response is individual and it is difficult to predict the amount of relief as well as when this will begin.

- Please inform us if you are or think you may be pregnant.
- Please inform us if you have an active infection or are taking an antibiotic.
- Please inform us if you are allergic to anesthetic, steroids, radiologic dye or latex.
- Please stop all aspirin and non-steroidal anti-inflammatory medications 24 hours before the procedure. Examples of non-steroidals that need to be stopped are: Ibuprofen, Motrin, Advil, Naprosyn, Naproxen, Aleve, Indocin, Lodine, Orudis, Relafen, Daypro, Tolectin, Mobic, Toradol, Voltaren, Arthrotec, Diclofenac and Clinoril.
- If you take Coumadin, Heparin, Lovenox, Warfarin, Pradaxa, Plavix, Effient, Ticlid, Trental, Persantine, or any other blood thinner, notify your doctor. This medication must be discontinued prior to an injection and requires permission from the provider prescribing it.
- For your safety, you must have a responsible adult to drive you home. **Failure to have a driver may result in the cancellation of your procedure.**
- If your injection does not require sedation, your time here will be approximately 1 hour. If you require sedation, your time here will be approximately 3-4 hours.
- Please eat a lighter meal prior to your injection as this procedure may cause nausea.
- If your procedure requires sedation, you must **not** eat 6 hours prior to your procedure. You may have clear liquids up to 2 hours prior to your procedure. You may take your medications with a sip of water prior to the procedure unless otherwise instructed.
- **If you are diabetic**, the steroid injection may cause your blood sugar to elevate. After the injection, check your blood sugar frequently for the next 2-3 days. Make adjustments as necessary. You may have to notify your doctor who treats your diabetes so the blood sugar can be treated appropriately.

What to expect after the procedure:

- You may have some soreness at the injection sites, if so applying ice will help.
- You do not need to stay in bed when you get home. In fact, it is best to walk around.
- The day after your injection, you can remove the band aids and wash with soap and water. You may resume your pre-procedure activities.

The duration of pain relief depends on many factors and is difficult to predict. **It is not uncommon for patients to have a temporary increase in pain following the injection.**

Contact us at 970-800-4145 with any questions or concerns.