

Cervical Epidural Steroid Injection (CESI)

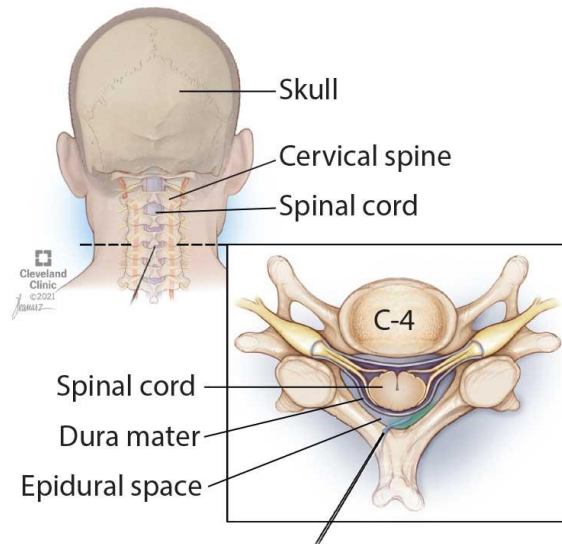
What is a cervical epidural steroid injection?

A cervical epidural steroid injection (cervical ESI) is an injection of anti-inflammatory medicine — a steroid or corticosteroid — into the epidural space around the spinal nerves in your neck.

The main goal of cervical epidural steroid injections is to help manage chronic pain caused by irritation and inflammation of the spinal nerve roots in your neck (the cervical region of your spine) due to certain conditions or injuries. This type of chronic pain is called cervical radiculopathy, which can radiate down from your neck to your shoulders, arms and/or hands.

You will be asked to stop your blood thinning medication prior to the injection. You may be asked to stop the medication anywhere from 6 hours to 10 days before the procedure. Blood thinning medication increases the risk of bleeding during the procedure so it's important to let us know if you are taking these medications. Do not stop your blood thinner until we let you know it is safe to do so and we have authorization from your prescribing doctor.

A side effect of this injection can cause a rise in your blood sugar. If you are a diabetic, we ask that you call the morning of your injection and report your blood sugar reading. Too high of a number could result in having to reschedule your appointment.



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