

Patient Information following Lumbar Steriod Injection

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What to do after the injection

- For one day after the injection take things easy.
- Avoid strenuous activity and long walks or drives.
- After one day gradually start to increase to your normal level of activity. It will take some time, from two days up to 10 days, before you notice any benefit from the injection.
- Continue your pain medication after the injection until your telephone review. **Do not** stop your pain medication abruptly. If you need further advice about how to reduce your pain medicines please contact your GP.

What to do in case of problems after the injection

If any of the following problems occur after the injection:

- headache which gets worse when you sit up or stand up
- new weakness or numbness in one or both legs
- difficulty in passing urine or opening your bowels

Please contact the pain management service: Monday – Friday 0900-1700hrs by telephone on 01493 452082 or out of hours ring NHS direct or attend Accident & Emergency.

Please Note: In the very rare (risk 1:150,000) event of developing numbness around your genital area and/or incontinence of bladder and/or bowel go **immediately** to Accident and Emergency for urgent assessment.

Follow up arrangements after your injection

Please call on **01493 452082** within.....weeks to let us know how you are getting on.

Failure to telephone the pain management clinic for your follow up will result in discharge from the clinic.

For more information contact Clinical Nurse Specialists in the Pain Management Department.
Telephone: 01493 452082

(see overleaf)

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

TRUST VALUES: We CARE for...
our patients... each other... ourselves

BEHAVIOURS:

Courtesy and respect

Attentively kind and helpful

Responsive communication

Effective and professional

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The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact
PALS 01493 453240