

## A08lite Epidural Injection for Chronic Pain Relief

This document will give you information about an epidural injection for chronic pain relief. If you have any questions, you should ask your GP or other relevant health professional.

### What is an epidural injection?

An epidural injection involves injecting drugs, such as local anaesthetics and steroids, into an area called the epidural space which is around and below the spinal cord. The local anaesthetic drugs affect the nerves to provide pain relief. The steroids reduce inflammation and may make the pain relief last longer.

### What types of epidural injection are available?

The type of epidural injection depends on where it is given (see figure 1).

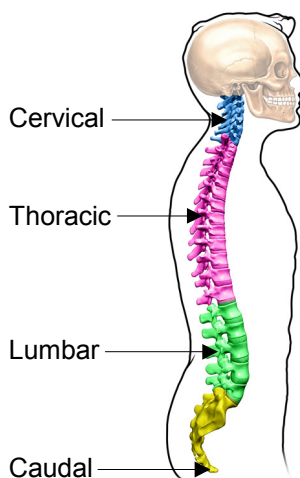


Figure 1

Different types of epidural injection

### What are the benefits of an epidural injection?

An epidural injection can give you short-term pain relief, allowing you to move around more easily.

### What does the procedure involve?

An epidural injection usually takes about fifteen minutes.

Your doctor will insert the needle and inject the drugs. Your doctor will then remove the needle.

### What complications can happen?

- Failure of the epidural
- Worsening pain
- Low blood pressure
- Headache
- Bladder-emptying problems
- Temporary leg or arm weakness
- Backache
- Infection around the spine
- Short-term nerve injury
- Long-term nerve injury
- Blood clot in the spine

### Summary

An epidural injection can be used for most people, usually giving a safe and effective form of pain relief.

### Further information

- NHS smoking helpline on 0800 169 0 169 and at [www.gosmokefree.co.uk](http://www.gosmokefree.co.uk)
- [www.eatwell.gov.uk](http://www.eatwell.gov.uk) – for advice on maintaining a healthy weight
- [www.eidoactive.co.uk](http://www.eidoactive.co.uk) – for information on how exercise can help you
- [www.aboutmyhealth.org](http://www.aboutmyhealth.org) - for support and information you can trust
- BackCare, a back pain charity and support group, at [www.backpain.org](http://www.backpain.org)
- The Pain Society at [www.painsociety.org](http://www.painsociety.org)
- NHS Direct on 0845 46 47 (0845 606 46 47 - textphone)
- [www.eidohealthcare.com](http://www.eidohealthcare.com)

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