



Accredited by



## **Lumbar Nerve Root Injection in the X-ray Department**

Information for patients

# Lumbar Nerve Root Injection in the X-ray Department

Information for patients

---

A steroid injection is given in order to reduce inflammation around the affected area with the aim of providing pain relief. X-rays are used to place the injection accurately beside the affected Nerve Root(s).

On arrival you will be asked to change into an X-ray gown. The consultant radiologist performing the procedure will explain what is going to happen.

- You will be asked to sign a consent form.
- You will be asked to lie face down on the X-ray table so that the radiologist can work on your back.
- A local anaesthetic injection is given to the skin of your back so you experience minimal discomfort during the procedure.
- The X-ray monitor is used to guide the needle to the affected nerve root(s) and the steroid injection is given.

- The amount of radiation you will receive is very small, much less than for a spine X-ray.
- This process will take 15-30 minutes, depending on the number of areas to be injected.

## PREPARATION

---

There is no special preparation for this test. You may eat and drink normally on the day of your appointment.

### Individuals of childbearing capacity aged 10-55

---

This procedure must be carried out within 10 days of your menstrual cycle due to the use of X-rays.

Information regarding possibility of pregnancy will be sought by the radiology staff prior to booking and on the day of your scan.

If you think you may be pregnant or if your period is late, please contact the X-ray Department.

## IMPORTANT INFORMATION

---

- If you have **private health insurance**, you should contact them prior to attending to ensure your policy will cover the cost of treatment and to obtain either a **claim form or a pre-authorisation reference**.
- Please bring any **previous MRI films** with you when you attend for your X-ray appointment.
- You should inform us in advance if you have had any **recent antibiotic treatment**, or if you have a **cough, cold or flu symptoms**.
- It is important that you **inform us upon receipt of this letter if you are on any medication to thin the blood**.

## IF YOU CANNOT ATTEND

---

If, for any reason, you cannot keep the given appointment, please advise the X-ray Department as soon as possible so that alternative arrangements may be made. Telephone 028 9068 7999.

## AFTERCARE

---

As you have been referred for a steroid injection, you should be accompanied by a friend or relative for the journey home.

Your car insurance may not cover you following a procedure using local anaesthetic. We advise you not to drive until the following day.

You will be advised to stay in the X-ray Department for at least 30 minutes after the procedure.

**It is advisable to rest the area injected following the procedure for up to 48 hours. Depending on your occupation, you may need to take the next 1-2 days off work.**

## RISKS/BENEFITS OF THE PROCEDURE

---

X-rays are a type of radiation. We are all exposed to natural background radiation every day of our lives; this comes from the sun, food we eat, and the ground.

The amount of radiation you receive from your test will vary depending on your test or treatment. The main benefit is making the correct diagnosis to ensure you receive the correct treatment.

Exposure to X-rays carries a small risk, but your doctor feels that this risk is outweighed by the benefits of having the test. We will take all safeguards to minimise the amount of X-rays you receive.

Name of Patient:

Appointment Date:

Appointment Time:

Referring Consultant:

Radiologist:

If you have any queries  
our radiology staff  
will be pleased to help you:

**T: 028 9068 7999 E: [Xray@uic.org.uk](mailto:Xray@uic.org.uk)**