

HOW TO GET TO THE NATIONAL ORTHOPAEDIC HOSPITAL CAPPAGH



The National Orthopaedic Hospital Cappagh is easily accessible from the M50 or Dublin City Centre.

From M50: Exit at the N2 (exit 5) for Finglas / City Centre. Go straight at first traffic light junction, then straight through next roundabout, then take the Finglas / Cappagh slip road.

Turn right at the traffic lights, up Mellows Road. Veer left to traffic lights at Church with high steeple. Turn right at these traffic lights up Cappagh Road, to traffic lights at T-Junction, turn right and the National Orthopaedic Hospital Cappagh is the third entrance on the left. (Just after Pedestrian Lights).

From City Centre: Take the N2, pass Glasnevin Cemetery, turn left just after the footbridge at Finglas. Continue passing church on your left, through set of traffic lights, up to next traffic lights at T-Junction, turn right and National Orthopaedic Hospital Cappagh is the third entrance on the left. (Just after Pedestrian Lights).

Doc. No: IM-NOHC-34
Rev. No: 4
Issued: 21.02.2023

This document is controlled as per the hospital Document Control Procedure and as such is subject to change at any time - Please refer to www.nohc.ie for the latest version of this document.

AFFIX LABEL:

Should you require any further information or if for any reason, you cannot attend for the scheduled appointment, please contact
The Admissions Department
01 814 0430 / 01 814 0452

Please bring this leaflet with you on day of test



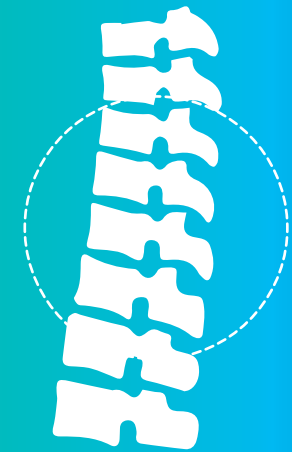
Day ward
T: 01 814 0445
E: dayward@nohc.ie
W: www.nohc.ie

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Information for patients about Epidural Injection



[nohc.ie](http://www.nohc.ie)

What is an Epidural Injection?

An epidural injection is used to deliver medication into the epidural space located between the bony outer margins of the spine and the nerves and their coverings.

What medication is injected?

Usually a steroid and sometimes a mixture of local anaesthetic and steroid will be injected.

How does the Epidural Injection work?

Steroids reduce inflammation. By injecting directly into the epidural space, the medication moves throughout the epidural space, coating the nerve roots as they exit the spine thereby reducing discomfort.

Epidural Injection procedure

Your Doctor will discuss the procedure with you and answer any questions you have before proceeding. You will be asked to lie on your side or on your stomach, and the appropriate injection site will be identified using a type of x-ray called fluoroscopy. After sterilizing your skin the Doctor will administer the injection, which takes a couple of minutes. You may experience some mild discomfort during the injection but this usually resolves once the injection is finished. The needle is then removed and a small dressing is applied to the site. It is possible to feel numbness or heaviness in your leg or arms depending on the injection site. This is normal and should subside completely in a matter of hours. After a short observation period, you will be allowed to go home. The entire procedure usually takes about an hour, though occasionally more time is required.

What to expect after the Epidural Injection?

After your injection you should feel the same or better for the first 12 hours. The local anaesthetic will then wear off and you may experience a return of your pain. You should start feeling some pain relief 2 - 3 days following the injection. This may last for a matter of days, weeks and occasionally months.

Known risks and side effects associated with Epidural Injection

Due to the procedure:

- Infection – rare
 - Bleeding (from the injection site) – rare
 - Altered sensation below the level of the injection
 - Headache – occurs infrequently
 - More discomfort for the first few days after the injection
 - Bruising to the injection site
 - Altered motor function (reduced power) below the level of the injection
 - Allergy to the injected medication
 - Paralysis – very rare
- #### Due to the injected steroid:
- Facial flushing for a few days
 - Temporary increase in sugar levels (diabetics)

Important information

Please inform the Day Care Unit if you have a cough or cold or any kind of infection or if you are taking an antibiotic.

If you are taking Asprin 75mgs please continue to take same until the day before your procedure. If you are taking any other blood thinning tablets, for example warfarin, plavix, clopidogrel, pradaxa (dabigatran), and xarelto (rivaroxaban), please contact your GP. Note: This is not an exhaustive list. If you are not sure if you are on a blood thinning tablet please contact your GP. If you have any queries please ring the Medical Registrar here in Cappagh (01 814 0400 between 12 midday and 3.00pm).

Do not discontinue medication without advice.



Information for Pregnant / menstruating individuals

We need to know the start date of your last menstrual period due to the use of x-ray equipment. If you think that you might be pregnant contact the Day Care Unit for advice.

What happens on the day of your appointment

- You can eat and drink as normal
- Take all your tablets as normal unless instructed. Otherwise bring all of your tablets / inhalers with you
- On arrival at the Day Care Unit you will be met by a nurse who will take some details from you and record your pulse and blood pressure. You will be asked to change into a hospital gown
- You will be met by a Doctor and be asked to sign your consent form
- You may ask any questions and discuss any issues you may have with the doctor

You must not drive home or go home on public transport. Please arrange for someone to collect you from the Day Care Unit.



After your injection

- Take things easy for the rest of the day. Do not do any excessive exercise or heavy work for the next few days
- Remove the dressing the next morning
- Continue to take your pain tablets until you notice an improvement in your symptoms
- If you have any cause for concern please contact the Day Care Unit or the Outpatients Department
- If you become unwell please attend your local Emergency Department

Information for Diabetics

- **Please have breakfast before your appointment**
- **Please take all your diabetic medications / injections**
- **If your blood sugar levels are elevated, your procedure may be rescheduled**

AFFIX LABEL:

Consent for Epidural Injection Procedure

I, _____

have read and understood the attached information.

I voluntarily consent to the following procedure:

I understand that the procedure carries with it risks and that unanticipated complications may arise.

Signed: _____
(Patient / Guardian)

Date: _____

Signed: _____
(Doctor)

Date: _____

Doctors Name: _____
(BLOCK CAPITALS)

MCRN: _____