



Preparing for your Epidural Steroid Injection

- ✓ Please show up 30 minutes prior to exam start time for check in and preparation
- ✓ If you are on anticoagulation medications, let us know the type of medication as they will be held for a period, according to policy and your prescribing doctor
- ✓ You will need a driver to take you home
- ✓ Be prepared to lie flat on your stomach for the procedure for at least 15 minutes
- ✓ You will be required to stay for observation if any numbness occurs in the legs; this can be a normal reaction and is temporary