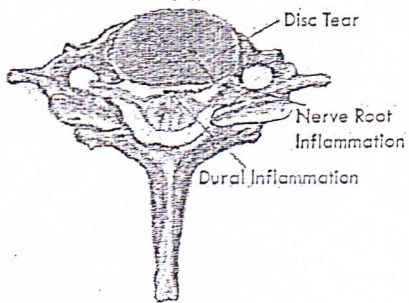


CERVICAL INTERLAMINAR EPIDURAL STEROID INJECTION

For Neck & Arm Pain



A cervical interlaminar epidural steroid injection is an outpatient procedure for treating neck, upper back, shoulder, and arm pain. This information sheet will explain what it is. Your doctor can explain if it is for you.

What is the epidural space?

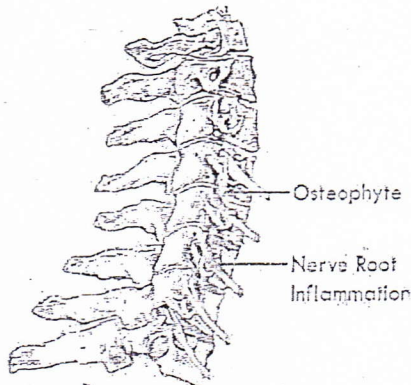
The dura is a protective covering of the spinal cord and its nerves. The space surrounding the dura is called the epidural space. In the neck it is called the cervical epidural space.

What causes pain in the epidural space?

The cervical area of the spine has seven bones, called vertebrae. Soft discs found between these vertebrae cushion them, hold them together, and control motion.

If a disc tears, chemicals inside may leak out. This can inflame nerve roots or the dura, and cause pain.

A large disc tear may cause a disc to bulge, inflaming nerve roots or the dura, and cause pain. Bone spurs, called osteophytes, can also press against nerve roots and cause pain.



How do I know if I have disc and nerve root pain?

If you have pain in your neck or upper back when you move your head or neck, you may have cervical disc and dural inflammation. If pain travels to your arm when you move your head or neck, you may have nerve root inflammation.

Common tests such as MRIs can show disc bulges and nerve root compression, but may not show a torn and leaking disc. A cervical epidural injection may provide relief if disc problems, or dural, or nerve root inflammation are causing your pain.

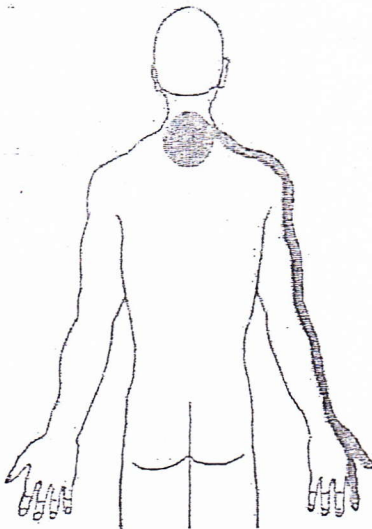
What is a interlaminar cervical epidural steroid injection?

In a cervical epidural steroid injection, a corticosteroid (anti-inflammatory medicine) is injected into the epidural space to reduce inflammation. A local anesthetic (numbing medicine) may also be injected. The simplest way is from the back of the spine. This is called an interlaminar injection.

What happens during an injection?

A local anesthetic will be used to numb your skin. The doctor will then insert a thin needle directly into the epidural space. Fluoroscopy, a type of x-ray, may be used to ensure the safe and proper position of the needle. A dye may also be injected to make sure the needle is at the correct spot.

Once the doctor is sure the needle is correctly placed, the medicine will be injected.



Name: _____

Appointment Time and Date: _____

Please do not wear any jewelry on the day of the procedure.
Please be sure to bring proper photo identification on the date of service.

Directions

LONG ISLAND EXPRESSWAY:

From the West: Exit 33 - Lakeville Road. Make a right onto Lakeville Road. Continue south approximately 3/4 mile over Northern State Parkway to Marcus Avenue-Left onto Marcus Avenue-Three (4) lights to 2800 Marcus Avenue-Lake Success Quad. Make a left turn into Quad Parking entrance. ProHEALTH is in the second building at 2800 Lake Success Quad.

From the East: Exit 34 New Hyde Park Road. Make a left at the traffic light onto New Hyde Park Road. Continue south approximately 1 mile to Marcus Avenue (Pathmark sign on right); make a right onto Marcus Avenue. At the third light, make a right into 2800 Marcus Avenue-Lake Success Quad Parking Entrance. ProHEALTH is the second building at 2800 Lake Success Quad.

NORTHERN STATE/GRAND CENTRAL:

From the West: 25 - Lakeville Road South. At light make a left onto Marcus Avenue. Continue two (3) lights to 2800 Marcus Avenue-Lake Success Quad. Left turn into Quad Parking entrance. ProHEALTH is in the second building at 2800 Lake Success Quad.

From the East: 26S - New Hyde Park Road South. Continue south approximately 1/2 mile to Marcus Avenue (Pathmark sign on right); make right onto Marcus Avenue. At the third light, make a right into 2800 Marcus Avenue - Lake Success Quad Parking entrance. ProHEALTH is in the second building at 2800 Lake Success Quad.

LIRR -

From Manhattan: Take Port Washington line to Great Neck. Take N25 bus south to Marcus Avenue, three blocks east of Lakeville Road. Bus stop is located right outside the Lake Success Quadrangle. ProHEALTH is located at 2800 in the Lake Success Quad.

From Suffolk County: Take the Port Jefferson line to New Hyde Park. Take N25 bus North to Marcus Avenue. Bus stop is located right outside the Lake Success Quadrangle. ProHEALTH is located at 2800 in the Lake Success Quad.

Instructions

Non Sedation Procedures:

Food is allowed. Light meals are recommended.

Stay away from any aspirin over 325mg, products containing aspirin, Ginkgo Biloba, Flax Seed Oil, Alka Seltzer and Vitamin E for 7 days.

You may transport yourself.

Sedation Procedures:

No food or drink from midnight the night before your procedure.

You may however take any maintenance drugs with a sip of water. I.e.: high blood pressure, diabetes, etc.

Prior to procedure stay away from any aspirin over 325mg, products containing aspirin, Ginkgo Biloba, Flax Seed Oil, Alka Seltzer and Vitamin E.

You will need a driver. Public transportation is not acceptable if you are being sedated. The cab driver is not an acceptable escort if you are being sedated. However, an escort is required before you can be discharged from the Ambulatory Surgical Center.

Afternoon sedation procedures

No food or drink after midnight. Light fluids such as Apple juice, water, black coffee or tea are permitted (this means no milk, cream or sweeteners) 7 hrs prior to appointment time. You will need a driver.

Medications with special instructions.

Coumadin (warfarin) stop for 5 days then arrive 1 hr. before appointment for blood test.

Plavix (clopidogrel) stop for 7 days

Ticlid (ticlopidine) stop for 7 days

ASA 325 mg stop for 7 days

Pravigard (ASA 325mg/pravastatin) stop for 7 days

Pletal (cilostazol) stop for 14 days

Aggrenox (dipyridamole/ASA) stop for 14 days

ASA doses greater than 325mg, stop for 21 days

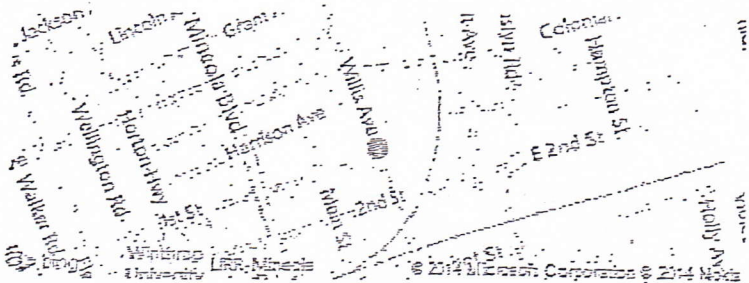
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DIRECTIONS: PROHEALTH DAY-OP OF LONG ISLAND

110 Willis Avenue
Mineola, NY 11501
(516) 294-0030



Directions:

From the Long Island Expressway: Exit at Willis Avenue (37 South)

From the Northern State Parkway: Exit at Willis Avenue (28 South)

Stay on Willis Avenue for 3 miles and the facility is on the left. If you cross the railroad tracks you have gone too far.

From the Southern State Parkway: Exit at Old Country Road (M1 West)

Stay on Old Country Road for approximately 1.5 miles and make a right onto Willis Avenue. Drive .3 miles and the center is on the right.

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Integrative Pain Medicine
3 Delaware Drive
Lake Success, NY 11042

Thank you for choosing ProHealth's Pain Medicine division. In order to assist you with questions that you may have, pertaining to your surgical procedures, we have compiled a list of medical insurances and the approximate wait times for their approval of procedures. Hopefully, this information will provide you with realistic time frames, regarding the scheduling of your procedure, following the evaluation and recommendations by a pain medicine physician.

Medicare: 2 – 3 days

Blue Cross Blue Shield: 7 days

United HealthCare: 5 – 7 days

Oxford: 5 – 7 days

Empire Plan: 2 – 3 days

Aetna: 7 days

No Fault: 2 – 3 days

Magnacare: 7 – 10 days

GHI: 15 business days

Fidelis: 7 days

Oscar: 7 – 10 days

Care Connect: 15 business days

Cigna: 7 days

HIP Medicaid: 7 days

1199: 2-3 days (except for RFA procedures)

Workers Comp: case by case (15 days)