

Lumbar Epidural Steroid Injection

What is an epidural steroid injection?

An epidural steroid injection (ESI) is an injection of a small dose of anti-inflammatory medication (called a glucocorticoid) into the lower back to relieve pain in your legs or lower back. The medication is injected into an area of fatty tissue surrounding the spinal nerves called the epidural space. By reducing inflammation, an ESI can help reduce your pain. An ESI can be both a treatment and a way to diagnose a specific nerve root problem when there is a question.

What are steroids?

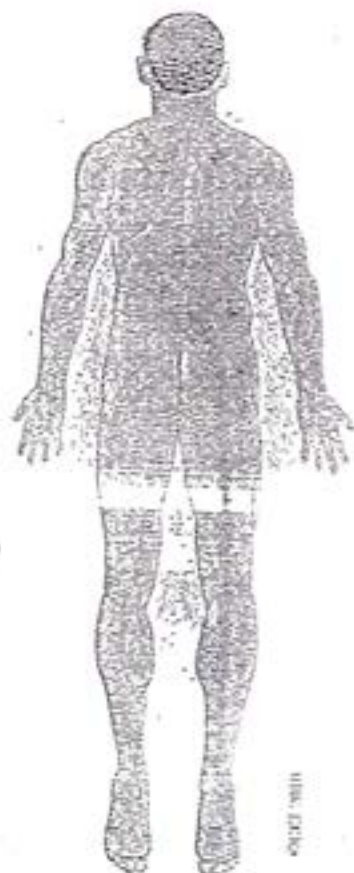
Steroids are a general name for glucocorticoids. The steroid injected is a man-made, synthetic drug that is similar to cortisol, a natural hormone produced in the adrenal gland and brain. Steroids help to reduce pain and inflammation and are used to treat a variety of inflammatory diseases and painful conditions, including lumbar disc herniation.

Before the procedure

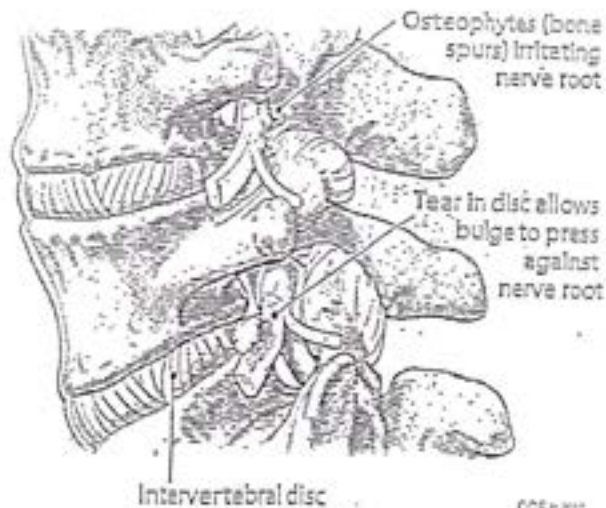
You will meet with a doctor who will review the risks and benefits of the procedure and answer any questions you may have. The potential side effects of an ESI include, but are not limited to:

- Infection
- Bleeding
- Spinal headache
- Temporary leg weakness

Some causes of lumbar pain are illustrated here and on the next page.



Common lumbar pain sites



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: 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.

Instructions

Non Sedation Procedures:

Food is allowed. Light meals are recommended.

Stay away from any aspirin over 325mg, products containing aspirin, Ginko 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, Ginko 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 then 325mg, stop for 21 days

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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 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.

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SEE MAP OF COMPLEX ON THE OTHER SIDE
OF THIS PAGE

LAKE SUCCESS QUADRANGLE

ADMINISTRATION: 1 Dakota Drive, Ste 320 • Lake Success, NY 11042 • 516-622-6000

FROM WEST:

LONG ISLAND EXPRESSWAY - Exit 34, right onto New Hyde Park Rd.
 GRAND CENTRAL/NORTHERN STATE PKWY - Exit 25, left onto Marcus Ave.

FROM EAST:

LONG ISLAND EXPRESSWAY - Exit 34, left onto New Hyde Park Rd.
 GRAND CENTRAL/NORTHERN STATE PKWY - Exit 26S, right onto New Hyde Park Rd.

ENTER EXIT

ENTRY POINTS & EXIT POINTS into Quadrangle

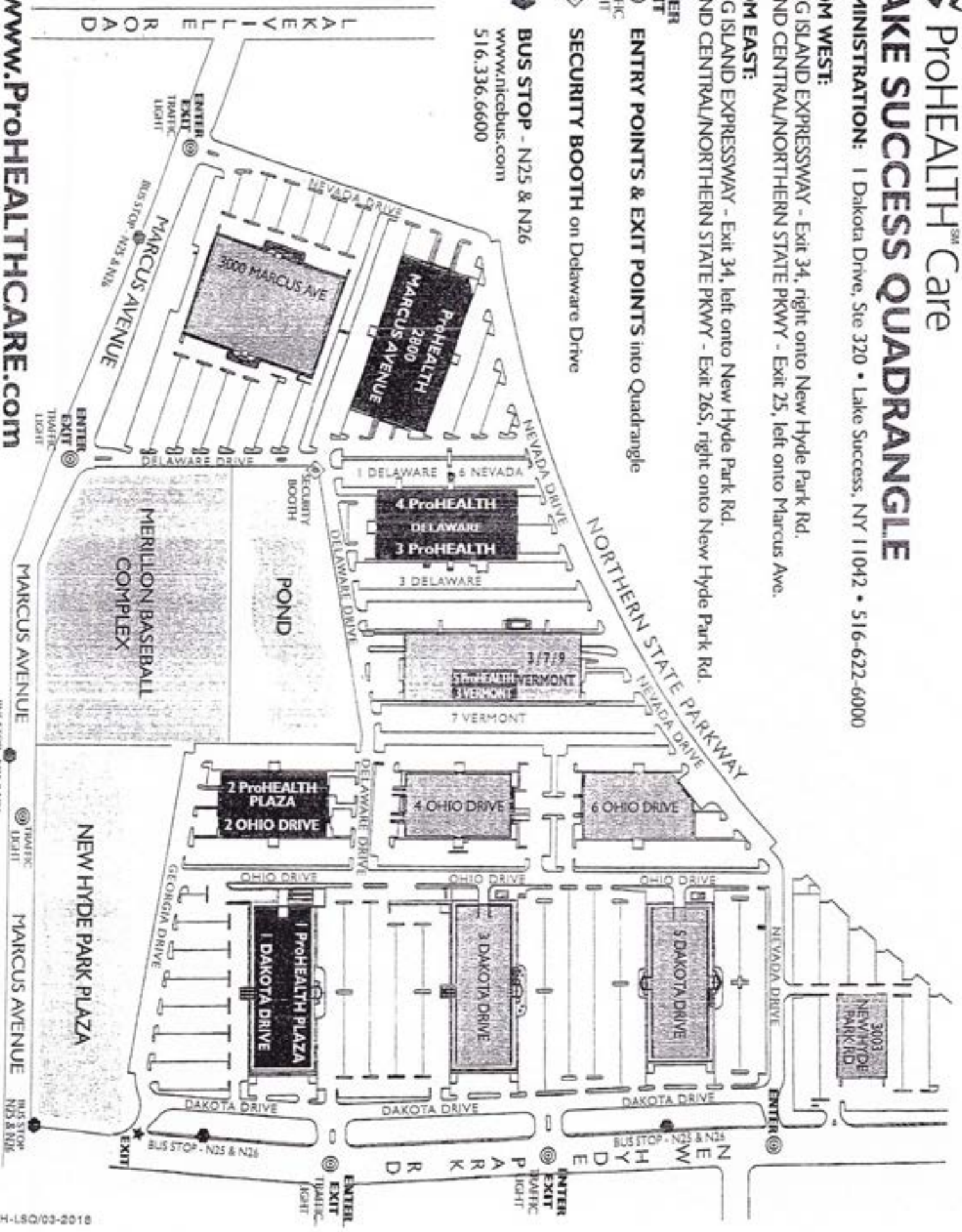
TRAFFIC LIGHT

SECURITY BOOTH on Delaware Drive



BUS STOP - N25 & N26

www.nicebus.com
 516.336.6600





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)