

CERVICAL EPIDURAL STEROID INJECTION

Purpose: To provide guidelines to assist the staff in preparing for Cervical Epidural Steroid Injection procedures in the neurovascular suite

Procedure: CESI

Supplies needed: Nerve Block Tray, 20 gauge Tuohy Epidural Needle, Sterile Gloves, 20gauge needle, chloraprep skin prep, non- sterile hemostat.

Medications: Depo-Medrol 80mg
Lidocaine 1% (medication is in Nerve Block Tray)
Normal Saline 0.9% preservative free (medication is in Nerve Block Tray)
Visapaque

Lidocaine 1% is only to be used for Local anesthetic. Medication that is injected for ESI is drawn up into a separate syringe.

ESI Injection: 4ml of Normal Saline, Depo-Medrol 80mg
Visapaque is to be placed in a separate syringe labeled contrast with a small extension tubing that is located in the Nerve block tray.

POSITION: Prone

Perform Time out with team and have all available supplies and medications. Perform nursing assessment prior to bringing patient into room and placing patient in prone position. Prone position is a difficult position for patients with chronic neck/back pain. Provide Emotional Support.

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