

This instruction is intended for our patients who are in a care relationship

The Wellbeing Services County of South West Finland

Turku University Hospital

MK Nerve root anaesthesia

These instructions are intended for printing. The instructions contain section to be filled in.

General Information About the Procedure

A reservation has been made for you for a nerve root anaesthesia or nerve root blockade. In this procedure the affected nerve root is anesthetized with a long-acting anaesthetic-cortisone mixture. The procedure is performed under MRI guidance.

How to prepare for the procedure?

- Please contact your outpatient clinic as soon as possible if you are taking medicines that affect blood clotting (Marevan, Plavix). Also please contact the outpatient clinic if you are hypersensitive to anaesthetics or contrast media or suspect that you are pregnant.
- On the day of the procedure, you must fast from all food and drink 4 hours before the time of the procedure. You may take your prescribed medications normally.
- As a result of the procedure, it is possible to experience numbness in the limbs, so please ask a relative or friend to escort you home. You are not allowed to drive a car after the procedure.

How is the procedure done?

The scan is done in a well-lit and air-conditioned MRI scanner, which is open at both ends. During the MRI scan, you will have an alarm button and a two-way intercom to communicate with the staff.

During the procedure, you lie on your stomach or back as still as possible. The position will be supported as comfortably as possible using positioning aids.

The MRI device can be quite loud during scanning; therefore, you will be given headphones or earplugs during the scan. Breathing instructions may be given through the headphones during the scan. You might be asked to hold your breath for about 10 – 20 seconds. It is possible to listen to music during most scans.

You will be given an IV injection line in case we need to administer medication.

After washing and anesthetizing the skin, the operating doctor inserts a thin needle into the area of the irritated nerve root. Occasionally, the location of the needle is confirmed by MRI scans.

What about after the procedure?

- After the procedure, you can eat and drink normally, unless instructed otherwise by the nursing staff.
- You should be accompanied by a relative or friend going home. Driving a vehicle is prohibited for 12 hours after the procedure.
- If you experience any problems after the procedure, contact the outpatient clinic or Tyks Acute Care (Emergency Department).

The referring unit will receive the results of the procedure.

Other considerations

You must not enter the MRI imaging room with objects containing metal or electronic devices. These objects in the imaging room can pose a risk to life. Before entering the imaging room, your pockets must be emptied.

It is essential to follow these instructions for safety reasons. The instructions apply to everyone in the room, including staff and attendants.

There is good ventilation in the MRI imaging room, so you should choose long-sleeved and long-legged clothing. You may also be given hospital clothes at the scanning place.

The overall procedure time varies but may take 1-3 hours, depending on the procedure/treatment. The MRI unit also scans emergency patients, which can lead to changes in the schedule. Please allow plenty of time for your procedure.

The MRI study has no known side effects. However, certain things require attention when planning the scan. Please inform the MRI unit if you have a pacemaker, inner ear prosthesis, medication pump, surgical clips, metallic shards or fragments in your body.

Contraceptive coils and sterilization clips are generally not an obstacle to the MRI examination. Glucose measuring sensors and medication patches must be removed before the scan.

Please fill in the enclosed information form and bring it with you to the scan. The prerequisite information form is filled out at each examination and is reviewed with the staff before the imaging.

MRI Procedure Prerequisite Form

Name: _____ ID Number/DOB: _____

Height (cm): _____ Weight (kg): _____

	Yes	No
Have you had any surgical operations?	_____	_____
If yes, please specify _____		
Do you have any of the following in your body?	Yes	No
Cardiac pacemaker or cables	_____	_____
Artificial heart valves	_____	_____
Nerve stimulator and/or associated cables	_____	_____
Middle ear prosthesis or inner ear implants	_____	_____
Shunts	_____	_____
Stents/coils/aneurysm clips	_____	_____
Metal fragments (e.g. from welding, fragmentation weapons)	_____	_____
Infusion port and/or medication pumps	_____	_____
Artificial joints/orthopaedic screws	_____	_____
Hearing aids or dental prostheses	_____	_____
Tattoos/body piercings	_____	_____
Glucose measuring sensors / medication patches	_____	_____
Do you have any allergies to contrast or anaesthetics?	_____	_____
Do you have reduced kidney function?	_____	_____
Are you pregnant?	_____	_____
Have you been sterilized?	_____	_____