

## Nerve root anaesthesia

You are coming for a CT-guided nerve root canal anaesthesia.

### 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 irritated nerve root is anesthetized with a long-acting anaesthetic-cortisone mixture. The procedure is performed under computed tomography, so it uses X-rays.

### How to prepare for the procedure?

- Please contact your outpatient clinic as soon as possible if you are taking medicines that affect blood clotting, like Marevan or similar. These medicines should, paused for 1-5 days before the procedure, with the consent of the treating doctor, to prevent the risk of bleeding (no pause after heart valve surgery). 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.
- If you use a mobility aid (e.g. walking frame), please bring it with you to the procedure.
- Jewellery must be removed from the study area during the scans.

### How is the procedure done?

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. 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 computed tomography scans.

### What about after the procedure?

- Anaesthesia of the neural root canal takes about ½ to 1 hour, after which you are monitored in the ward for about ½ an hour.
- After the procedure, you can eat and drink normally if there are no other restrictions.
- After the monitoring time is finished, you should be accompanied by a relative or friend going home. Driving a vehicle is prohibited for 24 hours after the procedure.

**Where do you get the results from the procedure?**

The referring outpatient clinic or ward is responsible for communicating the results of the examination to you.