

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

The Wellbeing Services County of South West Finland

Turku University Hospital

## **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?**

- Anticoagulant medication will be paused according to separate instructions provided by the referring clinic or ward. Patients with a heart valve prosthesis or another absolute medical reason should not stop taking their anticoagulant medication. 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 depending on procedure area 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.