

PATIENT INSTRUCTIONS: BEFORE YOUR EPIDURAL STEROID INJECTION

Clear liquids include: Water, tea, coffee (no cream), soft drinks, bouillon, Jello (no fruit), apple juice, cranberry juice, ice popsicles.

Do not eat 4 hours prior to your appointment. Clear liquids only.

You must have a driver with you to drive you home.

Notify Eastern Radiologists prior to your appointment if you are allergic to contrast (X-ray dye) or if you take blood thinners or anti-platelet medication.

- If you have an allergy to contrast you should be pre-medicated before your appointment. Your referring physician will provide the prescription for you.
- If you are on blood thinners or anti-platelet medication, discontinue use with approval and instructions from your referring physician for your ESI appointment. (Ex: Coumadin, Plavix, Lovenox, Aggrenox, etc.)