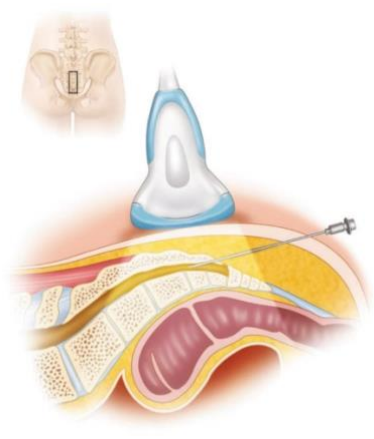


Patient Information Leaflet: Ultrasound-Guided Caudal Epidural Injections

What is it?

A caudal epidural is an injection at the base of the spine near the tail bone. It is generally given for people suffering with back and leg pain causing nerve irritation in conditions such as sciatica and disc-related back pain. The injection delivers a combination of saline and steroid into the epidural space near the base of the spine (the caudal region).



How Does the Procedure Work?

Dr Marwan will use ultrasound imaging to identify the correct area for the injection. You will lie on your tummy and the procedure itself takes only a few minutes. Local anaesthetic will be applied to numb the skin before inserting a fine needle. The injection fluid is then carefully placed into the caudal epidural space under ultrasound guidance. The medication (saline and steroid) is injected to reduce inflammation and pain.

How Long Does It Take to Work?

The steroid typically takes 7-10 days to work, but as with all injections can be longer or shorter depending on the condition and your response to the treatment. Some people notice a gradual improvement over several weeks.

What to Expect After the Injection

Dr Marwan performs hundreds of injections each year with no complications. However, as with any medical treatment, there are some risks that Dr Marwan will discuss with you. These include:

- **Failure or flare:** There is a chance the treatment will not work for you. There may be some pain around the injection site and it might make your normal pain worse for a few days.
- **Headache:** Some patients experience headache following an epidural. This is very rare and usually improves with rest and simple pain killers such as Paracetamol. If it does not settle then please contact your GP and Dr Marwan
- **Infection:** Although possible, this is extremely rare.
- **Bleeding:** Minor bleeding or bruising may occur, especially if you have a bleeding disorder or are on blood-thinning medications.



- **Nerve Irritation:** Rarely, the injection fluid may cause temporary numbness in the legs and buttocks which will wear off.
- **Allergic Reactions:** Though uncommon, some individuals may have allergic reactions to the injected medications.

Before the Procedure

- **Medical History:** Inform Dr Marwan about any medical conditions, allergies, or medications you're taking.
- **Medications:** If you're taking blood thinners such as Warfarin or a NOAC (such as Apixaban) you may be asked to delay this medication till after the injection, so ensure you tell Dr Marwan all the medication you're currently taking.

After the Procedure

- **Immediate Aftercare:** You'll be invited to sit in the waiting room for 30 minutes to ensure you don't experience any side effects.
- **Pain Relief Duration:** Pain relief can last from several hours to months, depending on the medications used and your response to them.
- **Activity:** Relative rest is advised for a few days following the injection followed by a gradual build of activity levels and exercise as pain allows.
- **Driving:** Dr Marwan advises not to drive on the day of the procedure. You can drive as normal the next day so long as you feel safe to do so.

When to Seek Medical Attention

Contact Dr Marwan if you experience:

- Severe pain or swelling at the injection site
- Signs of infection, such as redness, warmth, or fever
- Prolonged numbness or weakness beyond the expected duration
- Difficulty passing urine (very rare but requires urgent attention)

Conclusion

Ultrasound-guided caudal epidural injections are a safe and effective option for managing sciatic nerve and disc-related pain. While they do rarely provide a permanent cure, they can help to reduce symptoms and improve function. If you have any concerns or would like to discuss whether this procedure is right for you, please speak with Dr Marwan.

This leaflet is intended for general informational purposes.

Please consult Dr Marwan for advice tailored to your individual circumstances.