

redness over the site of injection with tenderness and/or you feel hot and unwell. This may require antibiotic treatment.

- There are very important nerves in the spine, but **serious nerve injury is extremely rare** (less than 1 in 10,000 cases).
- **Injection treatments are not always effective and may not help your pain.**

### What follow-up will be arranged?

- The team will discuss any follow up with you.
- Usually you will be contacted by the Pain Team 4-6 weeks after your procedure.
- If you have any questions/ concerns you can contact the Pain Team.
- To leave patient experience feedback please go online to [www.ruh.nhs.uk/FFT](http://www.ruh.nhs.uk/FFT)

### If you have any queries please contact:

#### The Pain Clinic

Zone F, Department F18  
RNHRD and Brownsword Therapies Centre - Royal United Hospitals Bath

#### Intervention Follow-Up Advice Line: 01225 826896

(This is an Answer-phone Service, please leave a message. Phone messages checked 14:00-15:00 Monday to Friday)

If you need advice during out-of-hours, please contact your GP or NHS111. For Emergency please dial 999.

### The RUH, where you matter

Royal United Hospitals Bath  
NHS Foundation Trust  
Combe Park, Bath, BA1 3NG  
01225 428331 | [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Support and Complaints Team (PSCT) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email [ruh-tr.psct@nhs.net](mailto:ruh-tr.psct@nhs.net) or 01225 825656.

# Epidural Blood Patch

## Pain Clinic Patient Information Leaflet



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# Epidural Blood Patch

## Checklist

- Bring a list of all current medications
- Make arrangements for someone to collect you after the procedure
- Wear loose comfortable clothing
- Glasses (if you need them to read)
- Blood thinning medication e.g. warfarin, clopidogrel, apixaban etc. will need to be stopped prior to your injection. Please ensure you have instructions from the Pain Team on how to manage these medications prior to your appointment.

## Changes to your health

### Please let your doctor know if:

- You have an infection
- You have started on anticoagulant or antiplatelet medications
- You have diabetes
- You have any allergies
- You are pregnant
- You are planning to travel abroad within 2 weeks of the injections.

## The RUH, where you matter

## Consent

If you have any questions before your appointment you can contact the Pain Team. **Your doctor will obtain your signed consent before the injection.**

## What is an Epidural Blood Patch?

Spontaneous intracranial hypotension (SIH) is caused by spinal leakage of cerebrospinal fluid (CSF) and it is characterized by an orthostatic headache without a history of trauma or dural puncture. An epidural blood patch is a safe effective treatment for this. It involves taking blood from your arm and injecting it into your back. The blood will clot forming a seal over the hole in the dura, which will hopefully relieve the headache.

## The procedure

- Observations will be taken.
- The injection site will be cleaned with antiseptic solution (this can feel cold).
- An injection of local anaesthetic will be used to numb the area (this will sting).
- The epidural needle is guided into place by the doctor using an x-ray machine.
- You may feel pressure or tightness as the injection(s) are made.

## Aftercare

- After the procedure you will be taken to recovery and monitored.
- Lie flat.
- You will usually be able to return home 4 hours after the injection.
- Ideally, you should arrange for someone to stay with you for 24 hours.
- You should not drive, operate machinery, sign legal documents, provide childcare unsupervised or drink alcohol until fit to do so.
- You may experience some soreness or aching at the injection site.
- **Please keep the area of the injection dry for 24 hours following the procedure.**
- Rest, no heavy lifting etc.

## Possible side effects and risks

As with any procedure side effects may occur. These are usually minor but there are risks with this procedure.

- **Mild local tenderness/bruising:** This usually settles over the first few days.
  - **Infection:** This is rare. You should seek medical help if there is local warmth or
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