



Cervical Epidural Steroid Injection (CESI)

Your provider has ordered a Cervical Epidural Steroid Injection (CESI). The office will obtain approval from your insurance and call you with an appointment.

What is an Epidural Steroid Injection?

A Cervical Epidural Steroid Injection is an injection of medication into the back of the neck that may decrease pain and inflammation in your neck and arms and decrease headaches.

Before the Injection:

- Please tell your provider if you have any bleeding disorders or if you are taking any blood thinners. These medications may increase your risk of bleeding after the injection.
- If you are taking blood thinners, please contact the provider that prescribed this medication to see if it is safe to stop the medication. Instructions on how and when to stop these medications should be given by the provider who started these to decrease your risk of complications.
- Please have an up-to-date list of all medications and supplements. Except for blood thinners, please take your normal medications as ordered. Steroids can cause a slight increase in blood pressure and blood sugar.
- Please have an up-to-date list of all allergies.
- Your provider will discuss the risks and benefits before the injection and answer any additional questions.
- You need to be in good health the day of the injection. Please contact us if you have any infection, are taking antibiotics, have a fever, or any new illnesses or hospitalizations.

During the Injection:

- The injection will take approximately 10-30 minutes. Please allow extra time for registration and preparation.
- You will be fully awake and interactive during the injection.
- You will be lying down on your stomach during the injection. Please notify your provider if you are unable to do this.

After the Injection:

- You may feel fullness in your neck or chest that lasts for a few minutes to a few hours.
- The steroids take 2-5 days to decrease inflammation and reduce pain.
- You will be given additional discharge instructions the day of your injection.
- Please call our office at 715-483-0559 or 844-4-KINISI if you have any questions or concerns.