

## Epidural injection

If you are experiencing pain in your back and legs or sciatica, due to conditions such as slipped disc or spinal stenosis, or you are undergoing a rehabilitative stretching and exercise program to manage an ongoing condition, an epidural injection can help to manage the pain. The effects of spine, lumbar or caudal injections are usually temporary, providing relief from a week to up to one year and can be administered up to three times a year.

## A multidisciplinary approach to spinal anaesthesia and pain management

If you are living with pain as a result of a back condition, the first step is to book a consultation to discuss your symptoms and medical history to determine the best step forward for receiving treatment. Our pain management Consultants will work with a wider multidisciplinary team to ensure that you receive the best advice and treatment for your needs.

## Prices & payment

We offer a guide price of:

Epidural injection  
£1,600 - £2,920

The guide price is based on the usual clinical needs of patients. For more information, please see our [terms and conditions](#).

## Personal medical loans

Payment to suit you with 0% and fixed rate interest options.

Following an appointment with your Consultant, you can apply for a loan to cover the cost of your treatment. With interest free finance at Representative 0% APR (fixed) along with longer term fixed rate loans, there is an option for everyone.

## Consultants



Dr Sami Alawad



Dr Arun Bhaskar



Dr Kevin Fai



Dr Sandesha Kothari



Mr Steven Lau



Mr Imran Rafiq



Dr Raja Reddy



Dr Azfer Usmani



Dr James Wilson

## FAQs

### What do spinal epidural injections involve?

An epidural injection is a day case procedure that is carried out under local anaesthetic and

takes about 15-30 minutes.

The procedure is carried out on an x-ray table, where you will be helped into the correct position, lying on your stomach, or with a pillow under your stomach if this is more comfortable. An antiseptic solution, which may feel very cold, will be used to clean your back and a local anaesthetic will be applied to numb the area.

Using fluoroscopy (live X-ray) for guidance, a needle is carefully and accurately inserted into your spine. Once the needle is in the proper position, contrast is injected to confirm the needle location. The epidural steroid solution is then injected. Although the steroid solution is injected slowly, most patients sense some pressure due to the amount of the solution used. If it is painful your Consultant will adjust the procedure.

## Will the pain relief be immediate?

Often there is immediate relief due to local anaesthetic used. Then there can be an initial period of discomfort before you start experiencing the pain relief. During this period, you may need to increase your pain killers. Your Consultant will discuss this with you before leaving the hospital.