

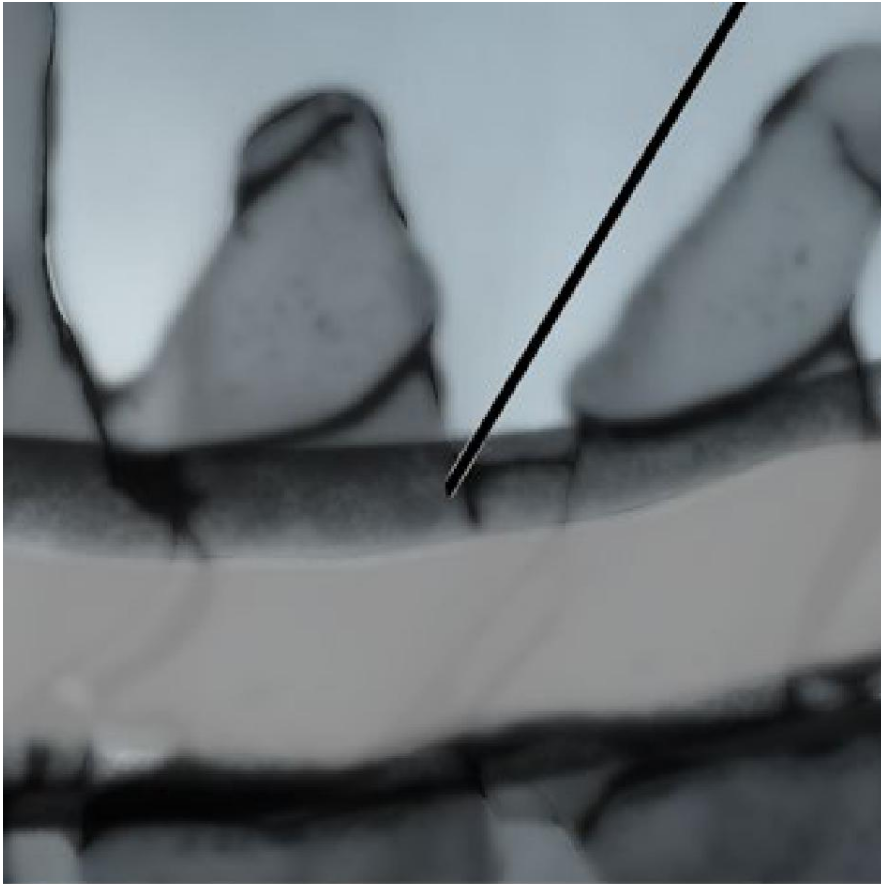


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See the video

## Epidural Steroid Injection (ESI) in the Cervical Spine



### Overview

This injection treats the pain of an inflamed nerve in your cervical spine. It relieves nerve swelling. If you have a herniated disc, spinal stenosis or some other problem that's pressing on a nerve, it may help you.

### Preparation

To begin, you lie down. You may be given medicine to help you relax. You are numbed with an injection of local anesthetic.

### Placing the needle

Next, a needle is inserted through this numbed tissue. The doctor uses a fluoroscope (a video x-ray device) to guide the needle into the epidural space. That's the space around your inflamed nerve. The doctor may inject contrast dye to make sure the needle is in the right place.

### Injection

Finally, the doctor injects the medicine. It bathes the painful nerve. It relieves pain and swelling. If you have other painful nerves, you may need more than one injection.

### End of procedure

After your injection, you'll be watched for a short time, then you can go home. To get the full benefit, you may need to come back for more injections. Your doctor will create a plan that's right for you.

