

## Epidural Steroid Injections

Posted by suespoems - 16 Apr 2007 05:10

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I had an epidural steroid injection 6 years ago after I had a diagnosis of a left sided L5/S1 disc prolapse L4/5 central disc prolapse spinal stenosis and DDD.

I had the epidural given to me without it being guided through an x-ray I also felt excruciating pain in my legs when the procedure was being done but passed out so I don't remember what else happened I also noticed that it bled very badly after the procedure and I had a severe headache for 3 days afterwards was all this normal?

Could the bleeding still be going on inside the spine because I am suffering from low iron stores.

Best Wishes

Sue

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## Re:Epidural Steroid Injections

Posted by Kim - 17 Apr 2007 01:27

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Hi Sue

Ermm have I already answered this. Just for my own sanity:blink: I am not that good at doing this yet but hope to get better soon. I did go to look for iron deficiency and have a link

[www.theaword.org/index.php?option=com\\_co...49&itemid=41](http://www.theaword.org/index.php?option=com_co...49&itemid=41)

can be associated with NSAID's - non steroidal anti-inflammatory drugs.

I know I could only manage 1 of ibuprofen before feeling ill. If I increased it because of increased pain I would be in agony from that despite doing take only after food.

I don't take any NSAID's now and found the gastric problems cleared up. Until of course I acquired this wheat intolerance.

I don't know if you are on these but the Patient Information Leaflet might tell you or you could look on the net. Take care tho'

The bad headache was probably a spinal fluid leak and you may have needed a 'blood patch' Ho Ho. Did you sit up or lie down after the procedure?

Bye for now

Kim

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## Re:Epidural Steroid Injections

Posted by suespoems - 17 Apr 2007 03:03

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☺  
Hi Kim

No I am not on non steroid anti-inflammatory drugs they won't let me have them because of my low iron.

I sat up to have the procedure but passed out during it due to the pain I woke up in recovery lieing down attached to a machine I then was moved onto the ward I went home after 4 hours.

Love Sue x

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