

What is the purpose of this procedure?

The ganglion impar block is used to evaluate and treat anorectal pain (anus and rectum), perineal pain (space around the genitals) and genital pain. The **ganglion impar** is a collection of nerve cells next to the tailbone (coccyx) that may be involved in long-lasting (chronic) pelvic or anorectal pain. By injecting numbing medicine (local anesthetic) around the nerves the cause of your pain can often be identified. Once identified some patients may benefit from repeat injections, sometimes with steroids.

What are the risks associated with this procedure?

The risks are infrequent. They include:

- Allergic reaction to medication
- Nerve damage
- Bleeding and bruising at the injection site
- Infection
- No improvement or worsening of your pain in some cases

How should I prepare for the procedure?

- You must have a driver with you at the time of check in and check out. Your driver must accompany you to the clinic for your procedure. You can be discharged only to the care of a responsible adult driver 18 or older.
- Since you may receive sedation do not eat within 6 hours before the procedure. Small amounts of clear liquids are ok up to 2 hours before the procedure. If you are a diabetic, be sure to discuss eating and medication schedule with your doctor.
- You may need to stop taking certain medications several days before the procedure. Please remind the doctor of all prescription and over-the-counter

medications you take, including herbal and vitamin supplements. The doctor will tell you if and when you need to discontinue the medications.

- It is very important to tell the doctor if you have asthma or had an allergic reaction to the injected dye for a previous radiology exam (CT scan, angiogram, etc). An allergic reaction has symptoms such as hives, itchiness, difficulty breathing, or any treatment which required hospital stay. The doctor may prescribe medications for you to take before having the procedure.
- Tell the doctor if you develop a cold, fever, or flu symptoms before your scheduled appointment, or if you have started taking antibiotics for an infection.

What will happen during the procedure?

The procedure is performed on an outpatient basis in a procedure room equipped with a special x-ray called a fluoroscope.

1. While lying on your stomach you will be connected to monitoring equipment (EKG monitor, blood pressure cuff, and blood oxygen monitoring device). The skin over your lower tailbone will be cleansed with an antiseptic soap.
2. Numbing medicine will be injected into your skin. This will cause a burning sensation for a few seconds.
3. The doctor then directs a small needle toward the target group of nerves.
4. Once it is correctly positioned a special dye may be injected to confirm the position of the needle. The anesthetic medication will then be injected.

What should I expect after the procedure?

You will be in the recovery area for 20-30 minutes after the procedure.

- Many people experience immediate relief from the injection.
- If a steroid is used it may take several days before it starts working.
- If you have soreness in the area of the injection use an ice pack.
- You may resume your usual activities the following day.

- Some possible side effects include: reaction to medication (rare), bruising or pain at the injection site, flare up of typical pain, temporary numbness or weakness.

If you would like further information including videos of procedures, please visit our website: <http://www.umpain.com/>

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