

What is the purpose of these procedures?

Pudendal nerve blocks are useful to evaluate and manage groin and pelvic pain around the genitals, perineum and anus. The nerves in these areas may be injured by trauma or become trapped between muscles or in scar tissue, resulting in chronic (long-lasting) pain.

Repeated pressure on the nerves from certain activities such as cycling may also cause irritation. By injecting numbing medicine around the nerves your doctor can help determine if they are causing your pain. Once identified, you 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
- Damage to surrounding structures
- Bleeding and bruising at the injection site
- Infection
- Injection of medication into a vessel
- No improvement or worsening of your pain in some cases
- Temporary leg numbness or weakness may occur due to spread of medication to the sciatic nerve

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.

- 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 have diabetes, discuss your 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.
- 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.
- It is important that you have some pain on the day of the procedure (at least 4/10) so we can assess if the injection helps your pain. If you take an as-needed pain medication, you may skip it the morning of your procedure.
- If it turns out you do not have much pain the day of the procedure, think about calling ahead to reschedule.

What will happen during the procedure?

The procedure is performed on an outpatient basis with an ultrasound machine or a special x-ray called fluoroscopy.

1. While lying on your back you will be connected to monitoring equipment (EKG monitor, blood pressure cuff, and blood oxygen monitoring device).
2. The skin over the buttocks is cleansed with an antiseptic soap.
3. Ultrasound gel is applied and the doctor will scan for the pudendal nerves. Sometimes the fluoroscope will be used to identify the path of the nerves.

4. Numbing medicine is then injected into the skin. This will cause a burning sensation for a few seconds. The doctor does this by directing a small needle toward the nerve. Once it is correctly positioned the anesthetic medication is injected.

What should I do after the procedure?

You will be in the recovery area for 20-30 minutes after the procedure. If the procedure is meant to be a test we would like you to do things that would bring about your usual pain. **Please do not go home and take a nap. Be active and attempt to trigger your usual pain.** This will help us determine if the areas injected are the ones causing your pain.

You may receive a pain diary to record your response to the procedure. This will help your doctor determine the effectiveness of the injection and how to proceed. Please mail the diary with the envelope provided. If you have not heard from our office within one week after mailing in your diary, please call (734) 615-7246.

Many people have immediate relief following the procedure, but occasionally some soreness will occur at the procedure site. This should improve over the next 2-3 days.

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

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