

# About your Pain Management procedure

You will find us in the Meridian Pavilion:  
11011 Meridian Ave. N.  
Suite 101  
Seattle, WA 98133



Please see other side for directions and contact information.

## Your procedure



Your pain management procedure will be performed using image guidance at Via Radiology. Image guidance allows the medication to be injected precisely where you need it to treat your symptoms. Using local anesthesia, the injections are quick, safe and well tolerated. Our physicians are fellowship-trained interventional radiologists who perform a variety of therapeutic procedures to treat pain symptoms.

## Before your procedure

Please wear loose and comfortable clothing. Once you arrive, you may be asked to change into clothing appropriate for your exam. For your

safety and comfort, it is important for us to know in advance if you are breastfeeding or could be pregnant. Please let us know if you are taking

any blood thinners; such as Coumadin, Heparin, Plavix, Lovanox or aspirin. Additionally, please inform us of any allergies, including allergies to iodine, lidocaine, latex or steroids.

## During your procedure

### Epidural Steroid Injection (ESI)

This is a non-surgical way to decrease back pain, often associated with inflammation of nerve roots and swelling. The injection delivers a steroid medication and anesthetic directly into the epidural space in the spine.

### Facet Joint Injection

Facet joints are located on the back of the spine on each side, where one vertebrae slightly overlaps the adjacent one. They help guide and restrict movement of the spine. This procedure involves injecting an anesthetic and steroid medication into the joint, to help decrease pain commonly associated with arthritis or back injury.

### Selective Nerve Root Block

A nerve root block is performed to determine if a specific spinal nerve root is the source of pain and to help relieve pain. A needle is inserted through the skin into the area adjacent to the nerve root, then medication, including an anesthetic and/or steroid, is injected into the area.

### Sacroiliac Joint Injection (SJI)

Sacroiliac joints are small joints located next to the spine in the low back and buttocks region. This procedure involves injecting a steroid medication into the joint, to help decrease pain and diagnose the source of pain.

### Joint Injection

Joint injections are used to relieve pain and/or to display the joint space in greater detail than standard imaging. The joint is first injected with an anesthetic, then with a specialized fluid, depending on the procedure being performed.

### Trigger Point Injection

A needle is injected into the trigger point, and a local anesthetic or steroid is administered directly into the area, to help relieve pain and diagnose the source of pain.

## After your procedure

You will be discharged home immediately after the procedure and given instructions by your physician. Please bring a driver with you to the appointment. Please refrain from strenuous activity for six hours. After six hours, there is no additional activity limitation.

Depending upon the procedure, the injection may increase your pain for two to three days. The pain may be treated with Tylenol or Advil (or prescription pain medication already prescribed by your referring physician), unless your physician has told you to avoid these

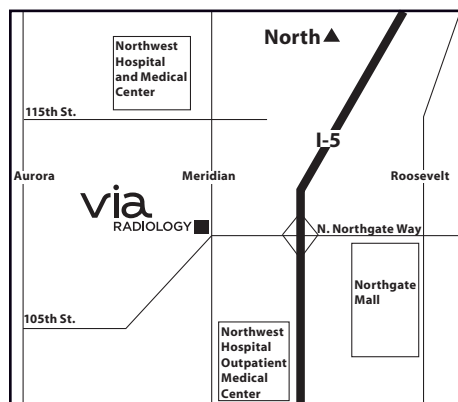
medications. Should you have increased pain, you may apply ice to the area for no more than 10 to 15 minutes each time, 4 to 5 times per day, as needed. Please call Via Radiology at (206)306-1011.

## Via Radiology

Via Radiology is a team of board-certified, subspecialty trained physicians and caring staff who are dedicated to providing the highest quality diagnostic imaging and imaging guided therapeutic procedures in the Puget Sound Region.

By merging advanced technology, uncompromising professional standards, and a patient-focused approach, we provide our patients safe, accurate and appropriate care, and our referring medical professionals with expert radiologic consultations.

## Location



11011 Meridian Ave. N.  
Suite 101  
Seattle, WA 98133

(206) 306-1011  
Fax (206) 306-1019  
[viaradiology.com](http://viaradiology.com)

We are in the Meridian Pavilion, 11011 Meridian Avenue N., Suite 101, on the Northwest corner of Meridian Avenue N. and Northgate Way. Plenty of free, on-site parking is available at our convenient location.

### Driving directions

#### *From the North:*

- I-5 Southbound
- Exit at Northgate Way/1st Ave. NE, Exit 173
- Take the Northgate Way Westbound ramp
- Turn right onto N. Northgate Way
- Continue thru the first light, which is the intersection of Northgate Way and Meridian Avenue N.
- Immediately after the light turn right into the parking garage for Meridian Pavilion.

#### *From the South:*

- I-5 Northbound
- Take the Northgate Way/1st Ave. NE, Exit 173
- Turn left onto 1st Ave. NE
- Turn left onto N. Northgate Way
- Continue straight thru two lights until you reach the intersection of Northgate Way and Meridian Avenue N.
- Immediately after the light turn right into the parking garage for Meridian Pavilion.

#### *From Highway 99/Aurora Ave N.:*

- Turn East on North 105th Street, which becomes Northgate Way
- Drive 0.6 miles
- Immediately before the intersection of Meridian Avenue N. and Northgate Way, turn left into the parking garage for Meridian Pavilion.