



PATIENT & CAREGIVER EDUCATION

Epidural Analgesia

This information explains epidural analgesia (ep-pee-DUR-al an-al-GEE-sia) and the procedure to place an epidural catheter.

About Epidural Analgesia

Epidural analgesia is pain medication given to you through your epidural space (the space in your spine just outside your spinal cord). The medication is given through a plastic catheter (thin, flexible tube).

Epidural analgesia has fewer side effects than medication that's given through an intravenous (IV) line. For example, when you have epidural analgesia, you're less likely to have:

- Nausea (feeling like you're going to throw up)
- Vomiting (throwing up)
- Fatigue (feeling more tired or weak than usual)

Having Your Epidural Catheter Placed

Before your epidural catheter is placed, you'll meet with a doctor who's a pain specialist. They'll explain the procedure and answer your questions. They'll also place an IV line in a vein in your arm. You'll get medication through the IV to make you relaxed and sleepy. A nurse will monitor your heart, breathing, and blood pressure.

While you sit on the bed, your doctor will ask you to bend forward, so your back is curved like the letter "C." They'll give you a shot of medication to numb the area of your back where the epidural catheter will be placed. It may burn for a few seconds, but then it will get numb. Once your back is

numb, your doctor will use a needle to find the right area and place the catheter. You may feel pressure in your back while this is happening, but you shouldn't feel much pain.

Once the catheter is in place, your doctor will test it with a small amount of medication. Once your doctor sees the medication is working, they'll remove the needle. You'll then lie back in the bed. The plastic catheter will stay in your back, securely taped.

After Your Epidural Catheter Is Placed

Your healthcare provider will give you our *Patient-Controlled Analgesia (PCA)* (www.mskcc.org/pe/pca) resource, which explains how you can give yourself pain medication through your epidural catheter. A doctor or nurse practitioner will see you every day after your surgery. They'll check your pain level and your epidural catheter. They'll also adjust your pain medication, catheter, or both, to keep you comfortable.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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