Understand the proposed injection

Lumbar transforaminal or interlaminar epidural steroid injection (ESI)

Type in a PDF reader or print and write. Leave uncertain answers marked UNCONFIRMED.

1 / Name the actual proposal

Ask for route, level, side, medicine and the reason for this plan.

2 / Choose a goal to discuss

Record the symptom or ordinary activity the clinician proposes to review. Do not test limits.

3 / Set expectations

What improvement is plausible, for how long, and when will it be reviewed?

4 / Make the risk discussion personal

Which risks, medication issues or health conditions matter in this case?

5 / Record the alternatives

What reasonable options exist, including no injection for now? What needs clarification?

Close the loop before leaving

Write the answer, who owns the next action and when it will be checked.

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6 / Obtain the service-specific instructions

Medicines, food/drink, escort/transport and activity: record the team's instructions, not guesses.

7 / Confirm who handles questions

Routine number, out-of-hours route and where the written urgent warning signs are kept.

8 / Agree the outcome review

Date or interval, who reviews, what to record and what happens if benefit is absent or brief.

9 / Keep unanswered questions visible

Question | person or office responsible | contact method | agreed response date.

Teach-back: explain the plan in your own words

"The proposed injection is ____. The goal is ____. Before the appointment I still need to confirm ____. If I have a concern, I will contact ____. My review is ____."

Do not change medicines or deliberately provoke symptoms to complete this worksheet. For an emergency, use local emergency services rather than waiting for a reply.