

## Chronic Pain Clinic

# Superior Hypogastric Block

### What is a superior hypogastric block?

A superior hypogastric block is an injection of local anaesthetic and steroid around the sympathetic nerves which supply the organs of the pelvis. These nerves are located on either side of the spine in the lower abdomen.

### Before the procedure

- Treatment takes place as an outpatient at the Ely day Surgery Unit or Addenbrookes Pain Clinic.
- Your stay may be between two to four hours and before any treatment begins you will be asked to provide assurance that someone is able to drive you home if you are undergoing injections.
- You will have a morning or an afternoon appointment.
- On arrival, you will be asked to complete questionnaires as part of an audit and to record improvements in pain levels.
- You will be asked to change into a theatre gown and your blood pressure and pulse will be recorded.
- Your doctor will then discuss the procedure with you and ask you to sign a consent form.

### The procedure

**This information leaflet is to be read in conjunction with the leaflet titled 'Advice to be read before your Pain Clinic injection treatment'.**

- In the treatment room, you may have a small needle (Cannula) placed in the back of your hand. This allows the doctor to give you sedation and/or intravenous fluids if necessary.
- Once you are lying in the correct position the doctor will clean your back with an antiseptic solution which can feel very cold.
- The procedure will be carried out under x-ray screening.
- Local anaesthetic is injected into your back, which may sting at first, but the area will soon go numb. You may feel a pushing sensation or some discomfort at this point.
- Contrast (a solution which shows up under x-ray) is injected to make sure that the needle is in the correct position as seen on x-ray.

- The procedure is then repeated on the other side of the spine.
- When both needles are in the correct position local anaesthetic and steroid will be injected.

## Following the injection

- After the procedure you will be taken to the recovery area where the nursing staff will observe you.
- You may feel a little drowsy and wish to sleep.
- Your abdomen (stomach) may feel strange and a little numb, this is perfectly normal.
- You will lie flat for about 45 minutes and then be assisted to sit up and offered light refreshment.
- Your blood pressure and pulse will be checked frequently.
- Before you leave, the doctor will see you again and ask a few questions about your pain and any effects that the injection may have had.

**Please ensure that you have arranged for someone to drive you home after this procedure. Failure to do so will result in your procedure being cancelled.**

**If you have had sedation, we recommend that you arrange for someone to stay with you overnight and that you do not drive for 24 hours.**

## Possible side effects

- Your blood pressure may be low after this nerve block, but the nurses will check it regularly and before you go home.
- The digestive system can be affected by this procedure. If you have problems with sickness, this will usually improve but you may also notice that your bowel movements are looser for a day or two.

## What to expect afterwards

- You may experience some backache from the injection site after a superior hypogastric block.
- Take your regular pain killers as normal.
- Try to keep on the move about the house but do not do anything too strenuous.

- As your pain decreases you should try to gently increase your exercise. Simple activities like a daily walk, using an exercise bike or swimming on your back will help to improve your muscle tone and strengthen your back. The best way is to increase your activity slowly.
- Try not to overdo things on a good day so that you end up paying for it with more pain the following day.

## **Follow up**

A letter will be sent to your GP and one of the nurses will telephone you in approximately four weeks.

## **Points to remember**

- Please bring your glasses if you need them for reading
- Always bring a list of all current medication.
- Continue taking all your usual medication on treatment day unless advised to omit anything by the Pain Clinic.
- If there is any possibility you may be pregnant please inform the doctor or nurse.

## **Additional information**

The information in this leaflet is not intended to replace your doctor's advice. If you require more information or have any questions please speak to your doctor or contact the Pain Clinic.

Telephone number: 01223 217796



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail:

[patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

## Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

## Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

## Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

## Cantonese

Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagıdaki adrese e-posta gönderin: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

## Turkish

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk) ঠিকানায় ই-মেইল করুন।

## Bengali

### Document history

Authors	The Chronic Pain Team
Department	Chronic Pain Service, Box 215, Addenbrooke's Hospital, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ <a href="http://www.addenbrookes.org.uk">www.addenbrookes.org.uk</a>
Contact number	01223 217796
Published	March 2009 (minor amendment made June 2010)
Review date	March 2011
Supersedes which document?	Version 2, October 2006
Version number	3
Ref	PIN 1291