

Pain Service

Splanchnic Nerve Block

What is a Splanchnic Nerve Block?

A Splanchnic Nerve Block is an injection of local anaesthetic around the Splanchnic nerves. These nerves are located on either side of the spine in the thoracic (chest) region. These nerves are the major nerve supply to the organs within the abdomen.

Before the procedure

- You will have treatment as an outpatient at the Ely Day Surgery Unit, Addenbrooke's Pain Clinic or the Addenbrooke's Treatment Centre (ATC).
- This will be confirmed beforehand at your clinic appointment.
- Your stay may be between two to four hours. It is essential that that you arrange for an adult friend or relative to collect you by car or taxi. You will not be able to use the bus or train to travel home
- We will ask you to change into a theatre gown and we will record your blood pressure and pulse. 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 will 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 then injected into your back which may sting for a few seconds but the area will soon go numb. The spinal needles will then be put into position. You may feel a pushing sensation or some discomfort at this stage.
- Contrast (a solution which shows up under x-ray) is injected to make sure that the needles are in the correct position as seen on x-ray.
- This procedure will be repeated on the other side of your spine. When the needles are seen to be in the correct position local anaesthetic and steroid will be injected. This is the Splanchnic Nerve Block.

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 may feel strange and a little numb. This is perfectly normal.
- You will lay flat for about 45 minutes and then be assisted to sit up and offered light refreshment.

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/risks

- Your blood pressure may be low after the Splanchnic Nerve Block, but the nurses will check it regularly and before you go home.
- The digestive system is also affected by this procedure. If you have problems with sickness, this will usually improve but you may notice that your bowel movements are looser than usual.
- Other risks could include bleeding, infection, pain, temporary difficulty with sexual intercourse.

What to expect afterwards

- You may experience some backache from the injection sites after a Splanchnic Nerve Block.
- Take your regular pain killers as usual.
- Try to keep on the move around 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.

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 something by the Pain Clinic.
- If there is any possibility you may be pregnant please inform the doctor or nurse.

Follow up

A letter will be sent to your GP about your Splanchnic Nerve Block. You will be sent an appointment for a telephone consultation with one of the Pain Nurses. This telephone appointment will take place approximately four weeks after your injections.

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. (The number below is generally manned 08:00 to 17:00 Monday to Friday; there is an answer machine out of hours, please leave a message and we will return your call).

Telephone number: 01223 217796



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk

Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem patient.information@addenbrookes.nhs.uk

Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail patient.information@addenbrookes.nhs.uk

Arabic

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يمكنك أن تطلب من القسم الاتصال بمعلومات المريض على الرقم: 01223216032 أو عبر البريد الإلكتروني: patient.information@addenbrookes.nhs.uk

Cantonese

如您需要以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 patient.information@addenbrookes.nhs.uk

Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini ararsanız: 01223 216032 veya patient.information@addenbrookes.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے: 01223 216032 یا patient.information@addenbrookes.nhs.uk کی درخواست کریں:

Bengali

আপনি যদি এই তথ্য অন্য কোন ভাষায়, বড় অক্ষরে বা অডিও রেকর্ডিং পোতে চান তাহলে 'প্যাশেন্ট ইনফরমেশান' এর সঙ্গে 01223 216032 নম্বরে ফোন করে বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করে যোগাযোগ করার জন্য ডিপার্টমেন্টটিতে অনুরোধ জানান।

Document history

| | |
|---------------------|--|
| Authors | Pain Service |
| Department | Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk |
| Contact number | 01223 216993 |
| Publish/Review date | April 2010/April 2013 (minor amendment made June 2010 & September 2011) |
| File name | Splanchnic nerve block |
| Version number/Ref | 1/PIN2212 |