

Hypogastric Plexus Block

A nerve block relieves pain by blocking the pain signal sent to your brain. Some nerve blocks are used to find out sources of pain. Others are used to treat painful conditions. A hypogastric plexus block is an injection of local anesthetic and steroid, given to block a plexus of nerves located mostly in the pelvic area, including the colon, bladder, uterus, vagina, penis and rectum. The block is performed for the treatment of pain in these areas.

Conditions treated

You might benefit from a hypogastric plexus block if you suffer from:

- **Chronic pelvic pain**
- **Acute groin pain**
- **Endometriosis**
- **Interstitial cystitis**

Duration

Less than 30 minutes

How is it performed?

This block is performed by using fluoroscopy x-ray. You will lie on your stomach on the x-ray table. The area to be treated is identified using fluoroscopy. The skin above this area is made numb using a local anesthetic. Needle placement is confirmed by injecting dye. After appropriate spread is confirmed, a solution of local anesthetic and cortisone is used in the block.

Prior to your appointment

You should continue taking all medications except blood thinners before the procedure. Please see your medication handout to know when to hold and resume these medications or ask your doctor.

What are some of the risks and side effects?

This procedure is a relatively safe, non-surgical treatment, with minimal risks of complications. Some of the most common or possible side effects are:

- Weakness in legs, which may or may not be permanent
- Increased pain
- Bowel and bladder problems
- Infection
- Low blood pressure

What to expect after the procedure

You may feel slightly weak or odd for a few hours after the injection. You may notice a slight increase in your pain lasting for several days, as the numbing medicine wears off before the cortisone becomes effective.

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You may begin to notice an improvement in your pain two to five days after the injection. If you do not notice improvement within 10 days after the injection, it is unlikely to occur.

You may take your regular medications after the procedure.

You may be referred for physical therapy while the numbing medicine is effective and/or over the several weeks while the cortisone is working.

