

# If in doubt, Wait it out!

## Things to try to avoid after an epidural blood patch

Produced in consultation with UK neurologists

### WHAT IS AN EBP?

An epidural blood patch (EBP) is a surgical procedure where a patient's own blood is injected into their epidural space in order to close one or more holes in the membrane around the spinal cord. The holes cause a leak of the cerebrospinal fluid (CSF)

**5. AVOID ANTI-INFLAMMATORIES**  
some doctors recommend that you do not take anti-inflammatories for 7 days

**6. AVOID CAFFEINE OR SALT**  
caffeine and salt can increase CSF pressure, so may worsen any rebound intracranial hypertension, which could 'blow' a blood patch

**4. AVOID COUGHING OR SNEEZING**  
if you must, don't cover your mouth or hold your nose

**3. AVOID BENDING, TWISTING OR STRETCHING**  
for at least 6 weeks!

**1. LIE FLAT**  
if possible lie flat for at least 24 hours with only short breaks to use the bathroom

**2. AVOID STRAINING**  
for at least 6 weeks!

**7. AVOID LIFTING**  
anything over 5lbs/2.5kg, for at least 6 weeks!

**8. TRAVEL**  
Where possible after a blood patch, avoid driving yourself home. Try to recline or lie down and avoid taking public transport

### REMINDER!

These are just a few of the precautions to take after an epidural blood patch.

**Please make sure that you always seek and follow professional advice from your doctor.**