









# 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)

- 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! 
- 3. AVOID BENDING, TWISTING OR STRETCHING** for at least 6 weeks! 
- 4. AVOID COUGHING OR SNEEZING** if you must, don't cover your mouth or hold your nose 
- 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 
- 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.**