

# Epidural discharge advice

May 2024

## **This information is for women who have had an epidural block during labour, caesarean birth, or gynecological surgery.**

The epidural catheter (tube) has now been removed from your back. Sometimes complications can occur after an epidural is removed, however these complications are very rare. We will continue to observe you during your admission.

### **Please tell the Midwife/Nurse looking after you if:**

- you have a headache
- you have any pain in your back
- you have any pain or any change in the feeling or strength in your legs.

### **Things to look out for when you go home:**

Once you have gone home, it is important that you, or your carers, continue to look out for any symptoms that could suggest a complication of your epidural may be developing. These are:

- new onset of moderate to severe headache
- redness and/or swelling around the site where the epidural catheter was inserted. It is normal for the site to have some minor redness and/or swelling for the first few days but this should disappear. You should only be concerned if the redness and/or swelling persists
- pus – a discharge may develop from the insertion site
- stiff neck or fever (temperature, sweats, shakes)
- new severe back pain near the site of the epidural
- changes in the feeling and/or strength in your legs
- sudden changes in your bladder or bowel habits

### **If you experience any of the above:**

**Contact The Royal Hospital for Women on 9382 6111 and ask to speak to the Anaesthetic Fellow or Registrar.**

Endorsed at DTC on 05/10/ 2023 and endorsed at Maternity and Gynaecology Quality divisions. Reviewed by clinicians and consumers during development & updation. Should you wish to discuss any aspect of this information please send an email to [RHWfeedback@health.nsw.gov.au](mailto:RHWfeedback@health.nsw.gov.au)