

Discharge instructions: - after Epidural Blood Patch

May 2024

This information is for women who have had an epidural block during labour, caesarean birth or gynaecological surgery and have had an epidural blood patch procedure.

1. Rest and limit exertion for 24hours. Lie down as much as possible.
2. Avoid straining, rapid bending, pushing, or lifting heavy objects for 6 weeks. Try not to lift anything heavier than your baby.
3. Try to increase your fluid intake for 24hours. Water, tea, coffee, fizzy drinks, milk, soup or broth are OK but **NOT ALCOHOL**.
4. You may notice some low back ache or tightness in your bottom for a few days but this is usually minor and gradually resolves.
5. Contact the Anaesthesia Department Secretary or Anaesthetists-on-duty through The Royal Hospital for Women switchboard on 938-26111 if you:
 - experience sudden return of the (“spinal”) headache you had previously
 - develop a fever or a stiff neck
 - develop nausea and/or vomiting
 - experience numbness or weakness in your legs or genital area or bladder or bowel disturbance (incontinence)
 - develop increasing redness and/or tenderness at the injection site; or
 - have any questions or concerns regarding your anaesthetic care

Severe headache may take up to 24 hours to resolve after blood patch. One of the members of the Anaesthesia Department – most probably the Anaesthetist who placed your blood patch – will contact you tomorrow to check how you are faring.

Additional Instructions:

Approved by District DTC 02/11/2023 & endorsed at Gynae & Maternity Quality Committee. Reviewed by APS, September 2023.

Reviewed by clinicians and consumers in development stage.

Should you wish to discuss any aspect of this information please send an email to RHWfeedback@health.nsw.gov.au