



GANGLION IMPAR BLOCK

What is a Ganglion Impar Block and why is it helpful? The Ganglion Impar Block can be used both as a diagnostic and therapeutic tool in patients suffering from pain in the perineum, distal rectum and anus, vulva, and distal third of the vagina. The technique can be performed with local anesthetic and steroid for nonmalignant pain conditions, such as coccygodynia, or perirectal pain from tumor involvement. Most neurolytic blockades should only be performed for malignant pain conditions, and then only after a diagnostic block is performed. The advantage of the Ganglion Impar Block over other neurolytic procedures for rectal pain is that bowel and bladder function is generally unaffected. However, this should be confirmed first with a local anesthetic block.

General Pre-Injection Instructions – Be sure to tell your doctor if you have any allergies, particularly to iodine or contrast solution, topical or intravenous. If you are not receiving sedation, you may eat a light meal a few hours before the procedure. If you are an insulin-dependent diabetic, you must not change your normal eating pattern prior to the procedure. You may take your routine medications (i.e., high blood pressure and diabetic medications, e.g., Glucophage). However, you will need to take only half of your usual dose of insulin the day of the procedure. You should continue to take pain medications but hold anti-inflammatory medications the day of the procedure. If you are on a blood thinner (Coumadin, Plavix, Lovenox, etc.), you must notify your physician's office so the timing of the discontinuation of these medications can be explained. **A driver must accompany the patient and be responsible for getting him/her home.**

What happens during the procedure? You will be placed in the prone position and the target area near the tailbone will be identified using live x-ray. After numbing the skin, a needle will be advanced to the desired area under fluoroscopic guidance. Prior to injection of the local anesthetics, the correct position of the needle will be verified using contrast solution. The procedure may take between 20-30 minutes to be performed.

What happens after the procedure? After completion of the procedure, Band-Aids may be applied to the needle sites. A nurse will monitor the blood pressure and pulse, and then review the discharge instructions with you before going home on the same day.

You may return to your normal activities on the day of the procedure.

No driving is allowed on the day of the procedure. You must bring someone to drive you home after the procedure.