

**OrthoVirginia Pain Management Suite**

5899 Bremo Rd.

MOB West 1st Floor

Richmond, VA 23226

**Lumbar Epidural Steroid Injection Contrast Allergy Premeds****1. Prednisone 10 mg**

2 days prior to ESI take 2 tabs by mouth 7 AM and 7 PM; 1 day prior to ESI take 2 tabs by mouth 7 AM and 7 PM; day of ESI take 2 tabs in the morning PRIOR to ESI

**2. Fomatidine 20 mg**

1 day prior to ESI take 1 tablet by mouth 7 AM and 7 PM; Take 1 tablet by mouth in the morning PRIOR to ESI

**3. Diphenhydramine 25 mg**

1 day prior to ESI take 1-2 tabs by mouth at 3 PM then take 1-2 tabs by mouth at 11 PM; On day of ESI take 1-2 tabs by mouth PRIOR to ESI