

A guide to your vertebroplasty



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Radiology 1
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This booklet tells you about the procedure known as vertebroplasty.

It explains what is involved and what the possible risks are.

We hope you find this information helpful, but you should still discuss any concerns you may have with your doctor before you sign the consent form.

What is a vertebroplasty and why do I need one?

A vertebroplasty is a procedure during which a special needle is passed through the skin into one or more than one vertebral body before injecting cement.

Occasionally this can be used in other bones outside the spine.

The doctor will use x-rays to guide the needle into the bone in question.

There are various reasons for performing this procedure.

These include:

- Helping treat pain from a diseased or fractured vertebra.
- Helping to prevent fracture of a soft or diseased vertebra.
- Treating / preventing enlargement of some types of bone lesions.

Your Consultant and the radiologist (specialist x-ray doctor) who will be doing the vertebroplasty have discussed your case and feel that this is the best treatment option.

You will also have had the opportunity to discuss this treatment with your doctor.

The radiologist will also be able to answer any questions you have. After discussion with your doctors, if you do not want the procedure carried out you can decide against it.

Who will do the vertebroplasty?

A specially trained doctor called an Interventional Radiologist will perform the procedure.

Interventional Radiologists have special expertise in using x-ray equipment to do a vertebroplasty as well as interpreting the images produced. They will need to look at the images while carrying out the procedure.

At times this procedure is done under a general anaesthetic. If performed under general anaesthetic then you will have the chance to discuss this with a member of the anaesthetic team before the procedure.

Where will the procedure take place?

Generally in the x-ray department, in a special "screening" room. This is an x-ray room designed for specialised procedures.

What preparation is there for a vertebroplasty?

You need to be admitted to hospital for the procedure. Please see your admission letter for instructions for fasting for this procedure. You will be asked to undress and put on a hospital gown.

If you are taking any Anticoagulants i.e. Warfarin, Clopidogrel, Aspirin please contact your GP as these medications may need to be stopped several days prior to the procedure.

Please take all other medication as normal.

If you have any allergies, you must let the doctor on the ward know. If you have previously reacted to intravenous contrast medium, the dye used for kidney x-rays and CT scanning then you must also tell your doctor about this.

What are the risks and complications?

A vertebroplasty is a safe procedure and serious complications are rare.

Small risks vary depending on where in the body the vertebroplasty is performed. Despite these small risks your consultant has decided to refer you for this procedure.

This is because they feel that the benefits of having the vertebroplasty outweigh the risks of having it done.

Your consultant or one of her/his team will discuss your options with you in advance.

The risks include the following:

- Discomfort or mild pain in the area where the vertebroplasty is performed. This can usually be controlled with painkillers.
- Bleeding is usually minimal and of short duration but more serious bleeding can rarely occur.

If the bleeding continues, then it is possible that you might need a blood transfusion. Very rarely, an operation or another procedure is required to stop the bleeding.

- Infection of the skin or deeper tissue is rare.
- Injury of surrounding structures, either by the needle or the injected cement. These depend on where the vertebroplasty is performed but are very rare. These include compression of the neural structures by cement (spinal cord or nerves to your legs), cement travelling to and damaging your lungs and damage to the surrounding structures by the needle.

If you have any worries, please do not hesitate to discuss possible complications or risks with hospital staff before your vertebroplasty.

What actually happens during a vertebroplasty?

You will be brought to the x-ray department to have your vertebroplasty. The radiologist (the doctor who will do your procedure) will speak to you beforehand and answer your questions. Please let them know if you are allergic to anything.

The skin over the procedure site will be cleaned with an antiseptic and covered with a sterile drape.

The procedure will be performed under either a general or local anesthetic. The local anesthetic will sting initially, before the skin goes numb. You will also likely have some sedation and pain killers also administered by an anaesthetist.

The doctor will use xrays to guide the needle to the vertebral body/ bone. You will need to stay still. You may feel some discomfort during the procedure.

The procedure time depends on how many vertebrae are being treated and ranges between 1 and 3 hours.

After the vertebroplasty

You may be taken back to the ward where you need to rest in bed for a few hours. The nurses will check your blood pressure and pulse regularly to make sure that there are no problems.

Some patients may experience pain following this procedure. Please let the nurses know if you have pain or if you need any painkillers.

You can eat and drink normally unless instructed otherwise by the doctor.

Going home

If the procedure is being carried out as a day case and there are no complications, you will be allowed home a few hours after the procedure.

You must not drive or use public transport. You must have an adult to take you home (by car or taxi) and stay with you overnight.

If you live a long distance from a hospital (more than 30 minutes by car); or there is no one to take you home or stay with you overnight, you will have to stay in hospital.

If you feel unwell or continue to have severe pain, you should seek immediate medical advice (contact your GP or your consultant; or go to your nearest Accident and Emergency department).

If you are diabetic

If you are diabetic please contact the:

Diabetes Centre

Monday to Friday between 8.30am and 12 noon on

 **0161 206 2095**

Do this as soon as you receive this appointment and ask to speak to a diabetes specialist nurse.

Failure to follow this advice may result in your appointment being cancelled.

What if I cannot attend for my appointment?

If you have any questions about your examination or cannot make the appointment, please telephone the help-line on:

 **0161 206 2044**

 **0161 206 2404**

Monday to Friday between 8.30am and to 4.00pm

If you are not able to telephone please contact us via email on:

 **booking.radiology@srft.nhs.uk**

Please include your name, address, date of birth and hospital number (if known) on all correspondence

Please help us to cut our waiting lists. If you need to cancel or change your appointment call us as soon as you can, so that we can give it to another patient.

Interpreters

If you need an interpreter for your examination and/or procedure (either verbal, non-English language or non-verbal, e.g. British Sign Language, Makaton etc.), please call the department so that we can try to arrange this, or there is information about interpretation services on the back page of this booklet.

I need an ambulance, how do I arrange this?

If you need an ambulance there are contact details on your appointment letter.

Please inform the department, using the contact details in this booklet, if you are arriving by ambulance

Other sources of information

Your questions should have been answered by this leaflet, but remember that this is only a starting point for discussion about your treatment with the doctors looking after you.

Make sure you are satisfied that you have received enough information about the procedure, before you sign the consent form.

If you require further information about this procedure please contact:

 **0161 206 2206**

 **0161 206 5091**

Further information regarding the examination can be found on the Internet.

Websites

For general information about radiology departments, visit The Royal College of Radiologists' website:

 **www.goingfora.com**

 **www.rcr.ac.uk**

NHS 111 Service

when its less urgent than 999

 **111**

NHS Direct

 **www.nhsdirect.nhs.uk**

If you require further advice or information about this test please contact the:

 **Radiology Nurse Team,
Angiography Suite,
Salford Royal NHS Foundation
Trust,
Stott Lane, Salford, M6 8HD**

 **0161 206 2206**

 **0161 206 5091**

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For further information on this leaflet, it's references and sources used, please contact **0161 206 2206**

Copies of this leaflet are available in other formats (for example, large print or easyread) upon request. Alternative formats may also be available via www.srft.nhs.uk/for-patients/patient-leaflets/

In accordance with the Equality Act we will make reasonable adjustments to enable individuals with disabilities to access this service. Please contact the service/clinic you are attending by phone or email prior to your appointment to discuss your requirements.

Interpreters are available for both verbal and non-verbal (e.g. British Sign Language) languages, on request. Please contact the service/clinic you are visiting to request this.

If you need this information leaflet translated, please telephone:

Polish

Jeżeli potrzebne jest Państwu to tłumaczenie, proszę zadzwonić pod numer.

Urdu

اگر آپ کو اس ترجمانی کی ضرورت ہے تو مہربانی کر کے فون کریں۔

Arabic

إذا كنتم بحاجة الى تفسير او ترجمة هذا الرجاء الاتصال

Chinese

如果需要翻译，请拨打电话

Farsi

اگر به ترجمه این نیاز دارید ، لطفاً تلفن کنید

0161 206 0224

or Email:

InterpretationandTrans@srft.nhs.uk

Under the Human Tissue Act 2004, consent will not be required from living patients from whom tissue has been taken for diagnosis or testing to use any left over tissue for the following purposes: clinical audit, education or training relating to human health, performance assessment, public health monitoring and quality assurance.

If you object to your tissue being used for any of the above purposes, please inform a member of staff immediately.

Salford Royal operates a smoke-free policy.

For advice on stopping smoking contact the Hospital Specialist Stop Smoking Service on 0161 206 1779

This is a teaching hospital which plays an important role in the training of future doctors. The part patients play in this process is essential to make sure that we produce the right quality doctors for all of our futures. If at any time you would prefer not to have students present please inform the doctor or nurses and this will not affect your care in anyway.

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www.srft.nhs.uk/for-members

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<http://www.srft.nhs.uk/for-patients>