

Getting Ready for a Celiac Plexus Block or Neurolysis

Please read this handout at least 1 week before your procedure. If you do not follow these instructions, we may cancel your procedure. If you need to reschedule, please let us know at least 5 days in advance.

About the Procedure

Celiac Plexus

The celiac plexus is a group of nerves in your abdomen. These nerves go to your abdominal organs, glands, and blood vessels. Feelings of pain from your pancreas, due to pancreatic cancer or pancreatitis, pass through the celiac plexus. Blocking the celiac plexus with medicines that numb the area can help with pain.

Celiac Plexus Block

A celiac plexus block uses steroids and numbing medicine to help reduce pain in patients with chronic pancreatitis.

Celiac Plexus Neurolysis

A celiac plexus neurolysis uses a numbing medicine and a type of alcohol to reduce pain in patients with pancreatic cancer.

Ultrasound

Both the block and the neurolysis use ultrasound to place the numbing medicine.

Getting Ready

Transportation

Due to the sedation medicines, you must have a responsible adult drive you home and stay with you for at least 6 hours.

If you use a medical transport company to take you home, you should still have

someone who can stay with you for at least 6 hours after getting home.

Blood Thinners and Diabetes Medicines

You must call the doctor who prescribes this medicine to see if you need to stop or adjust your medicine before your procedure. Your doctor will tell you how to safely do this.

Diabetes medicines (oral and insulin) will need to be adjusted for the time you're not eating. Please discuss this with your primary doctor.

The GI Procedure Center suggests using the schedule below to adjust your blood thinning medicines before your GI procedure.

Name of Medicine	When to Stop
Prasugrel (Effient)	5 – 7 days
Warfarin (Coumadin)	5 – 7 days
Clopidogrel (Plavix)	5 – 7 days
Ticagrelor (Brilinta)	5 days
Dabigatran (Pradaxa)	2 days
Cilostazol (Pletal)	1 – 2 days
Rivaroxaban (Xarelto)	2 days
Apixaban (Eliquis)	2 days
Edoxaban (Savaysa)	2 days

Health History

Our staff will need to review your health history. This includes any past surgeries, allergies, and medicines that you take. Please bring this information with you.

Day of Procedure

Follow the instructions in your cover letter.

Diet

- No solid food, milk, or dairy products.
- You may drink clear liquids until **4 hours** before you arrive (i.e., water, apple juice, soda, Gatorade®). This is done to keep you safe. **Do not drink red liquids.**

Medicines

- Do not take liquid antacids before your exam.
- Take your normal medicines with a small sip of clear liquid up to **1 hour** before you arrive. **Do not** take medicines you were told to avoid before your procedure.

Arrive On Time

If you are delayed, call us at **(608) 263-8094** to let us know. If you are more than 30 minutes late, we may have to cancel and reschedule. We do our best to stay on time.

What to Bring

If you use a **CPAP or BiPAP** for sleep apnea, please bring it with you. We will need your machine to safely sedate you.

Procedure

After you arrive, a nurse will review your health history and place an IV. You will receive medicine through your IV which will make you feel drowsy and relaxed during your test.

The test will take about 1 hour, but plan for the entire visit to take about 3 to 5 hours. We will need to be able to reach your driver in the waiting room or by phone.

Recovery

After the test you will go to our recovery room for about 1 to 2 hours. Your driver may sit with you there. Once awake, you may be given something to drink. Sometimes, patients will need to stay in the hospital for the night.

Your doctor will discuss results with you before you go home. You and the doctor who referred you will get a copy of the report.

After the Procedure

What to Expect

You may have a mild sore throat. Try gargling saltwater to relieve symptoms. You may also have some gas pains from the air used to distend your stomach. Belching can help.

Activity

- Do not return to work.
- Do not drive.
- Do not use hazardous machinery.
- Do not make any important decisions.
- Plan to rest.
- Do not drink alcohol.
- You should be able to resume normal daily tasks the next day.

Diet

Stay on a liquid diet for the rest of the day.

Caregiver

You should have someone stay with you overnight after the test if you receive anesthesia.

Who to Call

GI Procedure Center

(608) 263-8094

7:00 AM to 5:00 PM

After clinic hours, call **(608) 262-0486** to reach the paging operator. Ask for the doctor on call for Dr. _____.

Leave your name and phone number with the area code. The doctor will call you back.

If you live out of the area, please call:

1-800-323-8942.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2022. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7507.