

Spinal & Epidural Anesthesia: A Safe Option for Patients

Spinal and epidural anesthesia are **safe** and **effective** ways to provide pain relief during childbirth, surgery, or other procedures.

Certified Registered Nurse Anesthetists (CRNAs), also referred to as nurse anesthesiologists or nurse anesthetists, integrate spinal or epidural anesthesia into a patient's anesthesia plan, as indicated, and will review the expected benefits, alternatives, and procedure-specific risks with their patient before surgery.



What is Spinal and Epidural Anesthesia?

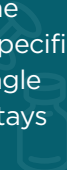
Spinal Anesthesia

Sometimes called a “spinal block,” is an injection of numbing medication into the spinal fluid that numbs the body from the waist down.



Epidural Anesthesia

An injection of numbing medication into the epidural space to block pain signals from specific nerve roots. Epidurals can be given as a single injection, or with a catheter (tubing) that stays in place to continuously give medication.



Benefits



Targeted pain control for childbirth, surgery, or other procedures



Potentially avoids general anesthesia and airway instrumentation



Reduced need for opioids



Improved early postoperative comfort and recovery



If appropriate for the procedure, patients may remain awake, with or without sedation



Often less postoperative nausea

Questions about Anesthesia Safety?

To learn more, visit these articles on Anesthesia Answers:

- + [Anesthesia Medication Safety](#)
- + [Anesthesia Safety during Labor and Delivery](#)
- + [Anesthesia Options during Labor](#)
- + [Local and Regional Anesthesia](#)

