

Superior Hypogastric Plexus Block

What is a superior hypogastric plexus block?

The superior hypogastric plexus is a bundle of nerves connected to the colon, bladder, lower intestines, uterus, ovaries, prostate, testicles, and nearby areas. A superior hypogastric plexus block is a shot that helps stop or “block” pain in these organs. The shot has medicine to numb the nerves that send pain messages.

How is it done?

- Before you get the block, your care team will give you a medicine to help you relax.
- You will lie on your stomach on an x-ray table. Your doctor will use a small needle with medicine to numb an area on your lower back.
- When your skin is numb, your doctor will use the x-ray to guide two needles into your back. These needles will help the pain medicine get to the nerves.
- Your doctor will put a dye through the needles. This helps make sure the medicine goes to the right spot.
- Then, your doctor will give you the pain medicine. Depending on the kind of medicine, it may numb the nerves or it may damage the nerves so they stop sending pain messages.
- After your appointment, you will wait at the hospital for a short amount of time before going home. Your care team will watch for any problems you may have with the medicine.

What happens after the procedure?

Your pelvis may feel warm or “different” after your appointment. Even though you feel better, do not drive or be very active for 24 hours. Take it easy. Eat normally and take your usual medicines. If you still have some pain, it is alright to take your normal pain medicine.

What are the risks?

The chance of something going wrong is very small. But it is important that you know possible risks.

- Bruising where you got the shot
- Bleeding where you got the shot
- Nerve injury
- Allergic reaction to the numbing medicine
- Infection
- More pain
- Inflammation

How long will it help my pain?

The numbing medicine on your skin will last for a few hours after your appointment. The medicine in the block can last for several weeks up to 6 months. If it does not help your pain, please let us know.

Supportive Oncology and Survivorship

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