

Chart 3: Typical steroid selection and dosing for interventional spine procedures*

Procedure	Steroid	Dose (mg)	Dilution
Interlaminar ESI Cervical	Dexamethasone	10	4 cc of preservative free saline, 1% lidocaine or 0.25% bupivacaine
Interlaminar ESI Thoracic Lumbar	MPA or equivalent	80	4 cc of preservative free saline, 1% lidocaine or 0.25% bupivacaine
Transforaminal ESI Lumbar	MPA or equivalent	10	0.5-1 cc of 1% lidocaine
Facet joints, intraarticular Cervical Lumbar	MPA or equivalent	80 (divided between joints)	1:1 steroid-local mixture (0.25% bupivacaine typically)
Sacroiliac Joint, intra-articular	MPA or equivalent	80 (single or split between both joints)	1:1 mixture of 1% lidocaine or 0.25% bupivacaine

*Adapted from 30,31.

ESI: Epidural steroid injection

MPA: Methylprednisolone acetate

Dosing for diabetics is typically lower than the numbers presented.