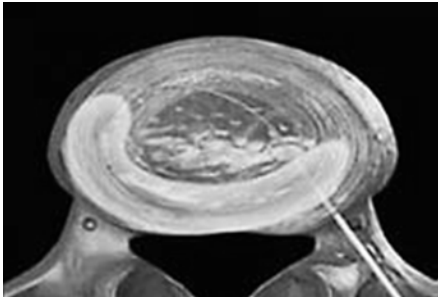
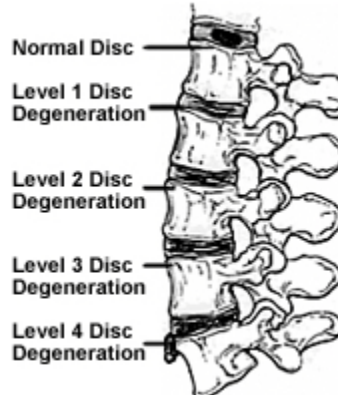


What is an IDET procedure?

Intradiscal Electrothermal Therapy (IDET) is a minimally invasive procedure in which controlled levels of thermal energy (heat) is applied to a broad section of the affected disc wall for discogenic back pain.



IDET is an innovative thermal therapy to modify annular collagen fibers for chronic, symptomatic discogenic back pain.



Drawing of the five stages of contrast spread within a lumbar disc space. The top disc shows a normal discogram. Degeneration is shown progressively down the figure with the greatest extent of injury and degeneration evident in the lowest disc space.

Frequently Asked Questions

Why is IDET helpful?

In many cases, discs may develop cracks or fissures in the wall of the intervertebral disc or herniation of inner tissue. The IDET procedure may result in contraction or closure of the wall fissures or a reduction in the bulge of the inner disc material, thereby reducing back pain.

What can I anticipate during the procedure?

An IV will be started so that relaxation and pain medicine can be given. You will lie on your stomach and your skin will be cleansed. Next, the doctor will numb a small area of skin with a local anesthetic, which may sting for a few seconds. The doctor will then use x-ray guidance to direct a very small needle into your disc. The next step is to insert the electrothermal treatment catheter through the needle. When the catheter placement is confirmed by x-ray, the heating element is activated and slowly increased; this will last for 14 to 17 minutes. As the heat increases, your typical symptoms may be reproduced temporarily.

Will this procedure be painful?

You will be consciously sedated with IV medication for the procedure. This will help to relax you and ease the pain. You need to be able to communicate with the doctor what you are feeling during the procedure.

NOTE: A lumbar discography will have to be performed on a prior date to establish the level(s) of the disc(s) that may be contributing to your back pain.

What You Need to Know Before Your Appointment

Pre-Procedure Instructions:

- Please bring all X-rays, MRI films, etc. with you for your initial visit.
- **DO NOT** eat any solid food for at least 6 hours and **DO NOT** drink any liquid for at least 4 hours prior to your appointment.
- If you have sedation during the procedure, you will need someone to come with you and to drive you home. You will not be able to drive for 24 hours following the procedure.
- Please wear clean, loose fitting clothing such as sweats. You will be wearing these clothes during the procedure. Belt buckles and buttons could interfere with the X-rays.
- Please drink plenty of WATER the day before your procedure.
- **Diabetics**
DO NOT take your insulin or oral anti-diabetic agents on the day of the procedure. You may eat and take your diabetic medications **AFTER** the procedure.
- Please note the **Medication Guidelines** covered below.

Medication Guidelines:

Please **STOP** taking the following medications (if applicable) **seven (7) days before** your procedure:

- Arthrotec • Toradol • Ibuprofen • Anaprox • Relafen • Advil • Naproxen • Feldene
- Voltaren • Indocin • Percodan • Motrin • All pain or arthritis herbals (ginko biloba, feverfen, ginger)

Please stop taking all Aspirin products **seven (7) days before** your procedure including:

- Baby aspirin • Bufferin • Excedrin • Anacin • Asciptin • Ecotrin • Empirin • Midol • Pepto-Bismol
- Sine-Off • Sine-Aid IB • Nuprin • Dristan Sinus • Orgaran • Persantine • Aggrenox

Please call our office **IMMEDIATELY** at 253-627-2666, if you are taking any of the following medications:

- **Levenox** • **Coumadin** • **Plavix** • **Ticlid**.

•You may have small sips of water to take your routine medications that are not mentioned in the Medications Guidelines above.

Please call Cascade Interventional Pain Center at 253-627-2666 with further questions.