

## Ganglion Impar Sympathetic Plexus Block (GISPB)

### What is a ganglion impar sympathetic plexus?

It is a complex network of nerves which controls the body's involuntary activities regulating the perineum and rectum region. It has been implicated in neuropathic pain, vascular, and visceral pain.

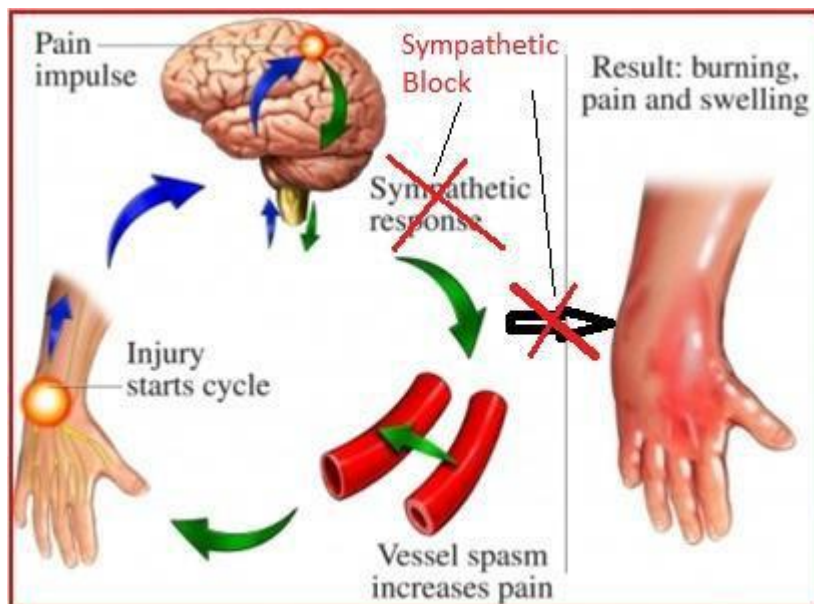
It is located anterior to the sacrococcyx junction.

### What are the indications of GISPB?

Among many indications the listed are the main indications: perineal pain, coccydynia, perineal hyperhidrosis, sacral post-herpetic neuralgia, and testicular ablation.

### How does GISPB bring pain relief?

The sympathetic nerve becomes hyperactivity due to chronic pain. With the GISPB is goal is to break the cycle of pain and decrease sympathetic outflow, and thus, allow more blood flow. This helps to desensitize the nerve fibers, increase blood flow, increase healing (due to increased blood flow) and decrease pain.

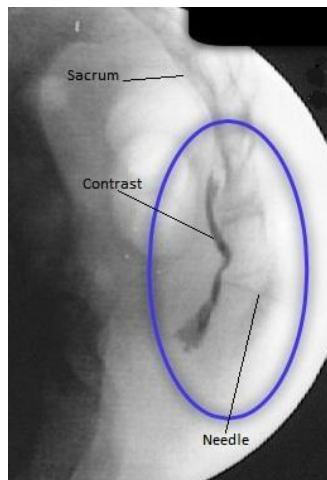


## What are risks for the GISPB?

Among many, here are few listed: visceral trauma, bleeding, infection, bladder, rectal and erectile dysfunction.

## How is the GISPB injection performed?

After sterile preparation of the sacrococcygeal region, the injection site is localized under X-ray. Following the local anesthetic applied to the injection site, which can help decrease the injection site pain, the needle is guided toward the target site (anterior to sacrococcygeal junction) with the help of X-ray. After the target is localized, it can be further confirmed with liquid contrast, which can help further confirm the location of the ganglion impar plexus. After the ganglion impar plexus is confirmed, the local anesthetic medication is injected, and the needle is taken out at the end of the procedure.



## What to expect after the GISPB procedure?

This is an **outpatient procedure**. Patients are monitored in the recovery room after the procedure. Patient should receive instant relief after the procedure in 10-20 minutes. Patients are discharged from the recovery room once they have the discharge criteria.

## How long the relief from the SHSPB would last for?

It varies from patient to patient. Usually, the pain relief can last up to 4-6 weeks, and may require repeat the GISPB if necessary.

**Please tell your pain physician if you are taking any blood thinners. For example: Coumadin, Plavix, Heparin, Lovenox and etc. The blood thinners need to be stopped before the interventional procedure, and the time frame will be prescribed by your pain physician.**