



Information for You from Your Health Care Team

Hypogastric Plexus Block

The hypogastric plexus is a collection of nerves that is located in front of the fifth lumbar and first sacral vertebrae. This collection of nerves is near the lower part of your abdomen in the upper front of your pelvis. A hypogastric plexus block involves the administration of a dose of pain killing medication near the region of this nerve collection.

When is a Hypogastric Plexus Block used?

Hypogastric Plexus Block is used for unrelenting pelvic pain caused by cancer that is located in the pelvic organs, testicular cancer, prostate cancer, radiation enteritis, or interstitial cystitis.

What happens during a Hypogastric Plexus Block?

This block can be done under CT or fluoroscopy in the X-ray department. You will be asked to lie face down on the x-ray table. A local anesthesia is given to numb the area in your back. Using x-ray or CT guidance, a needle is advanced to the correct location. Once the position is confirmed a local anesthetic and steroid is injected. The medicine will spread around the nerve plexus and pain relief obtained.

The hypogastric block usually involves a series of injections. If the pain continues after the short term pain relief the nerve plexus can be destroyed by phenol or alcohol which is injected the same way. This will usually give long term pain relief. The procedure usually takes about 30 minutes. You can go home the same day after observation and found stable.

What are the side effects and possible complications?

- Intravascular injections
- Injury or irritation to nerves
- Bleeding
- Back pain
- Hematoma
- Epidural or subarachnoid injection
- Injection into the muscle or peritoneum
- Renal or ureteral puncture