

Ultrasound-guided steroid injections

Radiology Department Patient Information Leaflet

Introduction

This information leaflet is for people who have been referred for an ultrasound-guided steroid injection. The healthcare professional who recommended that you have the injection should have already discussed the reasons for your referral with you.

This leaflet has information on the benefits of steroid injections, what the procedure involves, what problems may occur after the injection and what to do if these occur.

Please make sure you read this leaflet thoroughly. If you have any concerns, please contact us or the healthcare professional who referred you, before your appointment.

We will explain the procedure to you at your appointment and you will be able to ask any questions that you have, before the injection.

If your symptoms have changed since you were referred, please let the radiologist know and they can discuss with you whether the injection is still suitable.

What is a steroid injection?

Steroids are an effective way to reduce inflammation, pain and swelling. The goal is to deliver the medication directly to the site where it is needed. The steroid is often injected in combination with local anaesthetic.

What are the benefits of the steroid injection?

The injection should help reduce pain and swelling in the area.

What are the risks?

As with any injection, there are some small risks. These are:

- A small amount of bleeding and bruising which will usually settle without any treatment.
- Infection. If you experience swelling, redness, increasing pain or have a temperature, you should contact the doctor who referred you for the injection, your GP or the radiology department.
- Some people report an increase in pain for 24 to 48 hours after the injection, called a steroid flare. This is not an infection. It will usually settle with treatments such as cool packs and painkillers (always read the label; do not exceed the recommended dose).
- A small risk of damage to nearby tendons or tissues. By using the ultrasound machine to guide the needle, this risk is reduced compared to injections without this.
- Women may notice that their menstrual cycle becomes irregular for a few months.
- If you are a diabetic, you may notice an increase in blood glucose levels which is usually temporary.
- Some people experience facial flushing after the injection.
- Skin depigmentation which means the skin may become lighter.
- A dimple developing due to fat loss in the area.

What are the alternatives?

Alternatives include treatments such as tablets which will affect your whole system, and sometimes physiotherapy or the use of devices such as splints or braces. You will probably have already tried these before a steroid injection is considered.

If you do not feel a steroid injection is right for you, please let us know and we can write back to your referring clinician.

Who performs the injection?

The injection will be performed by a radiologist – a doctor who specialises in ultrasound. This will usually be a consultant or a specialist registrar under the supervision of a consultant. The injection will take place in an ultrasound room.

Unfortunately if you are late for your appointment, we may not be able to offer the injection the same day.

Preparing for an injection

Please tell the radiologist performing the injection if you:

- have an infection at the moment
- are diabetic
- have any allergies
- are taking any anticoagulation (blood thinning) medication for example: warfarin, aspirin, clopidogrel (Plavix), rivaroxaban
- are taking bupropion (Zyban)

What happens during the injection procedure?

While you are lying or sitting on a couch, the radiologist will determine the site of injection using the ultrasound machine. We will then clean your skin in the area with a sterile solution. In some cases, we give people a local anaesthetic. The procedure lasts between 15 and 30 minutes.

What happens after the injection?

You may have some numbness in the area of injection if local anaesthetic has been used. Due to this, we advise you not to drive for six hours after an injection. If possible, rest the injected area for the remainder of the day.

Most injections typically take a few days to take full effect. However, this varies from person to person.

Can I find out more?

You can find out more from the following weblinks:

<http://www.arthritisresearchuk.org/arthritis-information/drugs/local-steroid-injections.aspx>

<http://patient.info/health/steroid-injections>

Please keep this leaflet in case you need to refer to it after the procedure.

We will ask you to sign a copy of this leaflet at your appointment to state that you have read and understand the information given.

Name:.....

Date:.....

Signature:.....

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Ultrasound Department on 01384 456111 ext. 2002 or 2030
(9am to 5pm excluding 1pm to 2pm, Monday to Friday)

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/radiology/>

If you have any feedback on this patient information leaflet,
please email patient.information@dgh.nhs.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

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