

What is Ultrasound Guided Injection?

Your doctor has asked us to perform an injection to help treat your symptoms. We will do an ultrasound scan to guide a needle into the correct place.

We usually inject local anaesthetic to temporarily numb the area and steroid to reduce the pain and inflammation.

The exact medication and dose will depend on where injection and why.

Before your injection

Please contact us as soon as possible if:

- You have a known blood clotting disorder.
- You are taking Warfarin or any other blood thinning medication such as aspirin or clopidogrel as you may need to stop taking this medication if safe to do so.
- You are on medication that suppresses your immune system e.g. methotrexate or beta interferon, or steroids.
- You have an infection or any other medical condition which may mean we need to reschedule this appointment.
- You are pregnant.

Continue to take regular medication as normal, unless asked otherwise.

What to wear

Please wear comfortable clothing that allows easy access to the area of the body to be injected. We may ask you to change into a hospital gown if needed.

What to expect after your injection?

Steroid injections can take a few days to have a noticeable effect. The steroids last for up to six weeks, but the effects of the injection can sometimes last much longer. Your doctor will normally arrange a follow-up appointment with you after your injection.

Risks and possible complications

There are small risks associated with this injection, which you should be aware of before you proceed. The radiologist doing your procedure will talk you through this when arrive.

- **Discomfort:** You may experience some discomfort immediately after the procedure. This is usually mild and can be helped with over-the-counter pain killers if required.
- **Bleeding:** This is unlikely to cause you a problem. If you have a medical condition that affects your blood clotting, please let us know in advance. If you are on anticoagulant or antiplatelet medication, you are more likely to experience bruising or bleeding. Please let us know about this when you come in for your injection.

- **Infection:** If you experience redness, swelling or tenderness around the injection site, please see your GP or a walk-in clinic within 24 hours as this may require treatment.

Additional risks of Steroid Injections

- **Change in glucose control:** If you are diabetic, particularly if you are on insulin, you may experience low or high blood glucose levels after a steroid injection. Please monitor this closely after the procedure until it returns to your normal pattern.
- **Steroid flare:** Occasionally steroid injections can temporarily worsen your symptoms. This is not common. If you are concerned about this, then please see your GP or contact the doctor who referred you.
- **Facial flushing:** This is not common. If this does happen, it is temporary and typically goes away within a couple of days.
- **Kin depigmentation:** Occasionally steroid injections can cause the skin around where the needle has been inserted to become slightly paler in colour.

After this procedure

A radiologist will provide a written report for this procedure for the doctor or healthcare professional who requested it. Your doctor or healthcare professional will be able to access this report electronically. They will then contact you to arrange a follow-up appointment to discuss the results and your ongoing care.

Please be aware that you will need someone to drive you **home following this treatment**. This is to avoid any car insurance policy becoming invalid should an accident occur on your way home.

Result

The imaging department will send a report of your scan to the doctor who requested it within 48 Hours.

The information given above is not intended nor implied to be a substitute for professional medical advice, nor is it intended to be for medical diagnosis or treatment