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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Ultrasound or X-Ray Guided Injection Imaging Department



HOW MANY TIMES CAN THIS BE DONE?

Some people find that the injection helps to reduce pain for a few months, but that the affect can wear off. It is possible to have multiple injections; however, most doctors advise that the same area is not injected more than 3 times a year. The doctor looking after you will advise whether it is worth referring you back for a further injection.

QUERIES

If you have any queries regarding the content of this leaflet please contact the appointments office (St Peter's Hospital) – telephone 01932 723054.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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WHAT WILL HAPPEN AFTER THE PROCEDURE?

You may notice some immediate relief of pain from the local anaesthetic but this wears off within a few hours. You may experience some soreness at the injection site and this may last for a few days. Some people experience a 'steroid flare' and may experience marked discomfort. During this time we ask that you avoid exercise and you may take some oral pain relief medication if required.

The steroid can take up to 1-2 weeks to take full effect. If you have not experienced any relief after 4-6 weeks then the steroids are unlikely to work. Outpatient clinic follow-up is usually recommended after this period of time so your doctor/specialist can re-assess you and discuss further management.

CAN I DRIVE?

Driving is about Safety and you will need to decide when you are safe to drive. As you will have local anaesthetic injected you may experience some numbness and weakness in the injected area immediately after the injection and we always recommend having someone to drive you home.

ULTRASOUND GUIDED INJECTIONS

WHAT IS AN ULTRASOUND GUIDED INJECTION?

This procedure can be used to relieve pain and reduce inflammation in a joint or around tendons.

This can be done for diagnostic purposes to see if the injected structure is causing pain or for therapeutic purposes of pain relief which may be long-term or short-term.

A steroid such as depomedrone or cortisone and a local anaesthetic are injected.

To ensure that the medication is injected into the correct place, the needle is inserted using ultrasound or x-ray control to pin-point the exact spot.

DO I NEED ANY PREPARATION?

There is no specific preparation necessary.

Please inform the doctor if you have any allergies, are diabetic or are take blood thinning medications such as warfarin.

If you are taking warfarin you will need to seek advice from the doctor looking after this aspect of your care to see if it is safe to stop the warfarin. If so, the doctor will then advise you when to stop the warfarin in relation to your appointment date and how to re-start it after the procedure.

WHAT DOES THIS PROCEDURE ENTAIL?

A doctor will explain the procedure to you, and you will be able to ask questions or raise any concerns.

An initial scan of the joint will be performed to assess the tissues and to locate the point where the needle will be placed. This will be marked on your skin, and then antiseptic solution will be used to clean this area. The skin will be numbed with a local anaesthetic. A needle will then be passed through the skin and into the area, under image guidance. The medication is then injected.

The injection procedure itself should not last more than 5 minutes. The whole process including preliminary scan, preparation and explanation usually takes around 20 minutes.

WILL IT HURT?

The initial local anaesthetic injection may cause a sharp 'stinging' sensation followed by numbness. During the injection of the steroid you may notice some mild discomfort.

ARE THERE ANY RISKS?

Although a very aseptic technique is used there is a potential risk of infection, but this is extremely rare.

There is a small chance that the steroid medication will worsen your pain initially, so-called 'steroid flare' and this can last for 3-4 days, gradually subsiding. You may take pain killers during this time if required.

There is a potential risk of allergy to the local anaesthetic or steroid and this usually manifests with a rash, either local to the site or generally across the body and normally within 24 hours. This usually clears with antihistamine medication which could be obtained from a pharmacy. If you experience any breathing problems due to an allergy, please seek urgent medical attention. These reactions are extremely rare.

If you are diabetic, then a steroid injection can push your blood sugar levels up for a few days so we advise that you monitor this a little more closely than normal and take appropriate action should this happen.

Other uncommon side effects of steroids include skin discolouration at the site of injection and wasting of the fat under the skin.