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ਜੇ ਤੁਹਾਨੂੰ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

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

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

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 Guided Injection Imaging Department



WHAT IS AN ULTRASOUND GUIDED INJECTION?

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

They 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 guidance to pinpoint 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 have an INR check within the 3 days prior to the injection. If your INR is within your normal therapeutic range (usually between 2 and 3) you can proceed with the injection. If the INR is out of the therapeutic range, then please contact the doctor or nurse who manages your warfarin dose and contact the department on 01932 723054 to re-book the injection appointment.

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 and repeat injections are not performed within 6 weeks of each other. The doctor or specialist 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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If you have an appointment for a steroid injection and then receive a Covid-19 vaccination appointment that is within 2 weeks of the steroid injection appointment, please call 01932 723054 to re-arrange the steroid injection appointment.

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 get a 'steroid flare' and may experience marked discomfort for a few days. During this time, we ask that you avoid exercise, use an ice pack, and take some oral pain relief medication, if safe to do so and if required.

The steroid can take up to 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.

WHAT DOES THIS PROCEDURE ENTAIL?

The health professional performing the injection will explain the procedure to you, and you will be able to ask questions or raise any concerns.

An initial scan of the body part to be injected will be performed to assess the tissues and to locate the point where the needle will be placed. This may 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 will then be injected.

The injection procedure itself should not last more than 5 minutes.

The whole process including preliminary scan, preparation and explanation usually takes around 15-20 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 (clean) 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 2 to 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 affect your blood sugar levels which can become erratic or increase for a few days so we advise that you monitor them a little more closely than normal and take appropriate action should this happen.

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

Additional risks during the Covid-19 pandemic

DO NOT attend the hospital for injection If you have symptoms of Covid-19 infection such as a high temperature, new persistent cough or a loss or change to your sense of smell or taste.

The risk of steroid injection during the Covid-19 Pandemic are twofold.

The first is the risk of coming into the hospital. The Trust has introduced various procedures to minimise the risk of Covid-19 infection to patients and staff. On entering the hospital sites both patients and staff have their temperature checked, are given a mask and disinfectant gel for their hands. In addition, Outpatients are scanned in a separate area to In patients and the ultrasound equipment is thoroughly cleaned in between patients to reduce the spread of infection. We have also reduced the number of patients per list to ensure social distancing in the waiting areas.

The second is the risk of steroid suppressing the immune system. Steroid injections in the doses used for musculoskeletal injections can cause immunosuppression for 1 to 4 weeks following injection. The theoretical risk from steroids causing immunosuppression during the Covid-19 pandemic is that a patient may be at more risk of contracting Covid-19 infection and if infected the infection may be more severe. There is however no definite evidence of this at present.

Due to the long incubation period of SARS-CoV-2 (up to 14 days), there is also a risk that asymptomatic patients who may be incubating the virus, could receive injected steroid treatment.

STEROID INJECTION AND COVID-19 VACCINATION

Steroid injections should be avoided 2 weeks before and 2 weeks after a Covid-19 vaccination. This because steroid can reduce the body's response to the vaccine and could make the vaccine less effective.