

Patient information

# Ultrasound guided injection

## What is an 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 pain and inflammation.

The exact medication and dose will depend on where we are injecting and why.

## Before your injection

Please contact us **as soon as possible** if:

- You have a known blood clotting disorder
- You are on medication that suppresses your immune system eg 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 any regular medication as normal, unless asked otherwise.

We do not recommend driving yourself home after this procedure.

Your insurance provider may choose not to cover you if you have a road accident.

## 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 steroid lasts 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 you arrive.

- **Discomfort:** You may experience some discomfort immediately after the procedure. This is usually mild and can be helped with over-the-counter painkillers 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 and 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 temporarily. 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.
- **Skin 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.

## More information

There is more information about the Radiology Department and the tests and procedures we perform at [www.ruh.nhs.uk/radiologyinfo](http://www.ruh.nhs.uk/radiologyinfo)

### Please arrive in good time on the day

- Please allow plenty of time for travel and car parking on the day.
- You will need to book in at the **Radiology Reception desk** (ground floor, B7) at least **10 minutes** before your appointment.

This allows time for you to check in, change clothes if required and get to the correct place.

If you arrive late, we may not be able to fit you in.

**If you cannot attend this appointment** please let us know as soon as possible on **01225 825529** or **01225 825637** between 08:00 and 16:30 Monday to Friday, to cancel or rebook.

This helps us to keep our waiting lists down. If you do not attend without prior notice, we will not send you another appointment without another referral from your doctor.

**If you are not sure you need or want this procedure** please discuss this with your doctor before attending this appointment.

**For any other enquiries** call us on 01225 825529 or 01225 825637 or email us at: [ruh-tr.radiologyresults@nhs.net](mailto:ruh-tr.radiologyresults@nhs.net)

If you need a copy of your imaging or the report, you will need to complete a form and provide identification at the Radiology Reception Desk.

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email [ruh-tr.pals@nhs.net](mailto:ruh-tr.pals@nhs.net) or telephone 01225 825656 or 826319