

Ultrasound guided steroid injection of joint

Information and advice for patients

Imaging

What is an ultrasound guided steroid injection of joint?

It involves an injection of steroid and local anaesthetic into a joint to diagnose your condition and/or give you symptom relief.

What are the benefits?

The benefit is that it should help your symptoms for a period of time. It will also confirm any possible diagnosis and plan further appropriate treatment.

What are the risks?

Feeling faint or dizzy are probably the most common risks. This happens to about 1 in 50 patients. Bruising occurs in about 1 in 100 patients. Infection and allergic reactions are very rare and occur in less than 1 in 1000 patients.

What are the risks of not having the injection?

We may not be able to give you a diagnosis for your symptoms can cause delay for any treatment required.

Are there any alternatives to this injection?

An unguided injection can be less accurate at getting the drug to the exact place required. Other treatments such as physiotherapy and surgery will be discussed with you by your doctor.

Preparing for the injection

No specific preparation is required beforehand. You can eat normally and should take any normal medications that are prescribed to you.

It is important that we ask you some questions before an injection is given. If your answer is yes, it is important that you tell us.

- Do you have any current infection, especially at the site where the injection will be given?
- Are you taking Warfarin or any other blood thinning medication?
- Are you diabetic?
- Do you have any allergies, especially to local anaesthetic?
- Are you required to be at work in the next 4 days?
- Will your work involve heavy physical activity in the next 4 days?

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During the injection

Before the test you will be met by a member of staff who may ask you to change into a gown depending on the location of the injection. You will meet the radiologist who will perform the injection which will be performed under local anaesthetic. It takes a few minutes to set up the equipment and then usually a couple of minutes to perform the procedure.

This is what happens:

The doctor will put some gel on your skin where you will be having the injection and then put the ultrasound probe on it.

He/she will clean your skin and give you an injection of local anaesthetic and steroid.

Some people may feel stinging, a pressure sensation or some sharp sensations. Others feel minimal amounts of discomfort. This is different for each person.

After the injection

After the injection, the injected joint or area may be numb for a few hours.

If you need to take simple pain killers e.g. paracetamol then do so if needed. Sometimes moving the area can help. You can also place an ice pack on the joint affected for a few minutes. You can usually go home straight after having the injection.

If you have urgent concerns please see your GP or attend the Emergency Department.

Going home

You must not operate any dangerous machinery and not drive for the rest of the day so please make arrangements for going home. We also advise you not to carry heavy loads for the next 3-4 days. After this period you can then resume normal activities.

Follow-up

If the test was requested by your GP you should check when they want to follow you up after injection, sometimes 2-4 weeks after the injection. If the test was requested by a hospital specialist or physiotherapist, they will advise you when & how they will follow you up with any results.

Symptoms to report

If you have severe pain, redness, swelling at the site of the injection or fever then this could be infection. You may need some antibiotics for infection, so please see your GP or seek other urgent medical attention.

If you have urgent concerns, please go to the Emergency Department.

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Contact details

If you have any questions, please contact us on:

Tel: 0121 507 2405 (City Hospital)

0121 507 3695 (Sandwell Hospital)

Monday – Friday, 8.30am – 4.30pm

Further information

Tell people where they can find more information, for example support groups and websites. The best websites to use are those accredited with the Information Standard, for example NHS Choices.

For more information about our hospitals and services please see our website www.swbh.nhs.uk, follow us on Twitter @SWBHnhs and like us on Facebook www.facebook.com/SWBHnhs.

Sources used for the information in this leaflet

Patient.co.uk professional reference, 'Joint Injection and Aspiration', May 2012

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email: swb-tr.swbh-gm-patient-information@nhs.net



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