



Pennine  
**MSK**

part of **vita** health group

# ULTRASOUND GUIDED INJECTIONS

## Patient Information

## **\*\*IMPORTANT\*\***

**Please contact the team if you are on antibiotics or you have an infection as this may mean we have to delay the injection.**

### **Before the Procedure**

Your clinician will reassess the severity of your pain to ensure it is appropriate to carry out the procedure. This is because your symptoms may have changed since you were referred.

It may be that your clinician decides with you that a guided injection is no longer an appropriate treatment and a different treatment option may be offered to you.

### **What is an Ultrasound Guided Injection?**

An Ultrasound Guided injection is an injection of a steroid and local anaesthetic solution into an area targeted by ultrasound imaging. Guiding injections ensures the drugs are delivered to a specific place that is felt to be the cause of the symptoms. The longer a patient has had symptoms, the less successful an injection may be, unless a tailored exercise programme is undertaken in order to maintain pain reduction.

### **Why may I need an Ultrasound Guided Injection?**

Ultrasound guided injections can target the exact area for the steroid to be administered. Guided injections can be used for deep joints (such as the hip) in order to avoid major blood vessels.

### **How is the Ultrasound Guided Injection carried out?**

Shortly before the injection you will be asked to remove clothing for the clinician to gain access to the joint being injected, a cover will be provided. Your temperature will be taken prior to the injection. You will have time to ask any questions about the procedure. You will be asked to lay face up or down on the bed depending on where the injection is required. The clinical specialist will identify the injection site and clean the area with a cold antiseptic solution. The local anaesthetic/steroid solution will be injected into the relevant place. Please ensure suitable underwear is worn. A chaperone may be present for the injection. Please ask on arrival if you require a chaperone.

There may be some discomfort at the time of the injection but the process only takes a few minutes. After the procedure a small dressing or plaster will be applied at the site of the injection, which can be removed after 24 hours.

### How long will it take?

The appointment should take around 30 minutes, you will be asked to wait in the department for 10 minutes following the procedure.

You must bring someone with you to escort you home if you are having a hip or lower limb injection. You MUST NOT DRIVE home following your injection.

### Before the injection

On the day of the Injection you may eat and drink as normal. You may take other medications.



**If you are taking any blood thinning medication including the following please contact us on 0161 357 5270 (option 3):**

- Warfarin
  - Clopidogrel
  - Rivaroxaban
  - Dabigatran
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- Dipyridamole or Aspirin with dipyridamole
  - Prasugrel
  - Ticagrelor
  - Apixaban
  - Edoxaban
  - Acenocoumarol

If you are diabetic you should inform the clinician on the day.

It is recommended that a steroid injection should not be performed within 2 weeks either side of a vaccine including the Covid-19 vaccine. Please call if you have received an appointment for the steroid injection within a two week window of your vaccine as we may need to change your appointment.

## What are the possible side effects?

As with any procedure there can be side-effects, which are listed below. However, reports on thousands of patients show that steroid injections are straightforward and safe.

### Short term

- Your blood pressure may fall immediately after the injection; this can be treated with fluids.
- You may feel some discomfort at the injection site for a couple of days. However, if the pain is severe or you feel unwell you should contact your GP or A&E.
- The injection may make your normal pain worse for two to three days known as a post injection flare.
- Infection is a risk but is rare. A strict aseptic technique is used to minimise the risk. If you feel unwell in the days after the injection such as a raised temperature, vomiting or fever, a redness or swelling around the injection site, you should seek medical advice either from your GP or a walk-in centre.
- You may experience facial flushing for two to three days after the injection.
- If the injection is in the leg it may feel “wobbly” or weak immediately, or soon after, the injection.
- Although very rare, nerve damage can occur from needle trauma, infection or bleeding.

### Long term

#### Potential side effects of steroids

We have known for a long time that use of steroids in high doses or over a long period of time can cause significant side effects like thinning of the bones (osteoporosis), thinning of the skin, eye problems, diabetes, high blood pressure and weight gain. This is unlikely to be a major problem in people who are young and fit and likely to have strong bones. However, if you are already at risk of thin bones, or are known to have osteoporosis, or have had many previous steroid injections (including previous epidurals), then the risk of a fracture is likely to be higher.

## How long do the side effects last?

If you experience increased pain, continue taking your regular prescribed pain killers. These symptoms should settle down after 12-24 hours.

## Will it work?

Injections produce a significant improvement in pain in about two thirds of people who receive them – but they do not work for everyone. It may be 3-10 days before the effect of the injection is apparent. The pain relief is variable and can last from a few days to months.

## Aftercare

You need to arrange for someone to collect you and take you home. They need to stay at home with you for the rest of the day. It is advisable to rest in a semi reclining position for 48 hours to allow the steroid to get to the correct level. You may eat and drink as normal, and continue to take all your usual medication including pain killers.

## Who do I contact if I have problems after the procedure?

If you feel unwell in any way in the days following the guided injection your first point of contact will be your own GP, if the problem occurs outside of normal working hours visit your nearest walk-in centre.

## Follow-up procedure after your hip injection

If you have a good response you do not need to contact the team. However, if the pain returns you can be booked in for reassessment from a Clinical Specialist Physiotherapist. As long as this is within 12 months of your first injection you can do this without having to go through your GP. If it is longer than 12 months you will need a new referral into MSK from your GP.

## What to bring to your appointment

- A list of your medication

**If you have any concerns or need advice about your treatment please contact our team on: 0161 357 5270 (option 3)**