



# Having an Ultrasound guided injection

## Information for Patients



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### Introduction

This leaflet tells you about having an ultrasound guided injection - it explains how the test is done, what to expect, and what the possible risks are.

If you have any questions or concerns, please speak to your referring doctor or GP.

### What is an ultrasound guided injection?

An ultrasound scanner uses high-frequency sound waves and computers to produce pictures of the organs and other structures inside the body, which can be viewed on a computer monitor.

An ultrasound guided injection is used to help treat your symptoms. A Radiologist will do an ultrasound scan to guide a needle into the correct place. They 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.

### What do I need to do to prepare for my scan?

#### Taking tablets and medicines

Continue to take any regular medication as normal, unless asked otherwise. Let us know in advance if you have any allergies, take any blood thinning medication, or any medication that suppresses your immune system.

If you are planning to have a Covid Booster please allow 14 days either side of your appointment date.

#### Driving

You will be unable to drive following the procedure, therefore you will need to arrange somebody to drive you home.

#### Reasonable Adjustments

If you need to reschedule or require any reasonable adjustments to support your appointment, please let us know in advance

#### Chaperone

If you wish to have a chaperone during your examination, please let a member of staff know on the day as soon as you arrive so this can be accommodated.

## Are there any risks / possible complications?

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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 usually happens within the 1<sup>st</sup> 24hours, normal advice would be to take regular painkillers if needed. 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.

#### **Fat Atrophy**

Steroid can change the fat under the skin and there could be a small dip to the normal contour.

## What happens after the examination?

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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.

## How do I get my results?

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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.

## Any questions?

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We will do our best to make your visit as comfortable and stress free as possible. If you have any questions, please contact our admin team on 01761 422250 or email us at [radiology@sulishospital.com](mailto:radiology@sulishospital.com)