

# Ultrasound Guided Steroid Injection

This brochure tells you about an Ultrasound Guided Steroid Injection, the benefits and the risks, what happens before, during and after the procedure.

This document should not replace the advice of your relevant health care professional.

## What is an Ultrasound Guided Injection?

- An injection of steroid and local anaesthetic injected directly into a joint or tissue, which is causing pain due to inflammation.
- The injection is intended to relieve pain by decreasing the localised inflammation. Used to treat a variety of inflammatory conditions including arthritis, bursitis, or tendonitis.
- Reduction in pain may make physiotherapy more effective.

## Patient Preparation

- There is no specific preparation required.
- When booking your injection appointment please inform us if you are taking any blood-thinning medication. (i.e. Aspirin, Warfarin, Clopidogrel, etc).



### Do

1. Bring you Medicare card with you
2. Bring your request form if you have it
3. Bring any previous imaging with you from the last 2 years if it includes the area to be injected
4. If you are, or could be, pregnant then please tell your health practitioner or radiographer.
5. Ask if you need a medical certificate
6. Leave all Jewellery and valuables at home

**Austin Health does not take responsibility for your personal possessions.**

## What happens during the procedure?

- Ultrasound scanning is performed to locate the area and determine the best approach to inject the drug(s).
- Under aseptic conditions the radiologist (medical imaging specialist) will use ultrasound guidance to position a needle into the target area and inject the drug(s).
- Bleeding is normally minimal and after needle removal a small dressing is applied.

## How long does it take?

- The procedure takes about 30 minutes.
- Expect to be in the Radiology Department for a minimum of 1 hour
- As soon as you feel comfortable, which is normally immediately after your procedure, you may leave the department and resume your light activities.



Austin Health acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging.

Austin Health celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

## What are the risks?

- A little bruising is normally the extent of the after-effects.
- Common side effect is a transient increase in pain, termed a flare, which can occur in first 4-48hrs. Treatment with simple analgesic measures such as Panadol, and cold packs.
- The steroid may cause facial flushing/redness which can last a few days.
- If you have Diabetes you may notice a rise in blood sugar levels for up to 1 week
- Risks such as infection are very low. We take every precaution to ensure your procedure is safe and sterile.
- If the pain increases in the days following the injection, this may indicate either an aggravation of the synovitis or very rarely an infection of the joint.
- **Contact your referring doctor or your nearest emergency department without delay, if you experience**
  - An increase or change in your pain
  - Redness or swelling near the injection site
  - You feel unwell or have a fever, chills/sweats
  - New symptoms

## After care

- You may resume light daily activities
- Overexertion/use of the joint after the procedure may irritate and prolong recovery time.
- No excessive exercise or heavy manual labour using the affected limb for 10 days following a steroid injection.
- You should schedule a follow up with your doctor after the procedure so they can advise you on post-procedural movement, exercises and other treatments such as physiotherapy.
- Sometimes it can be difficult for your doctor to know exactly what is causing your joint pain. If the pain is not due mainly to inflammation, the injection may not improve your symptoms. Although this may be disappointing to you, it can be helpful information for your doctor as it means that another cause of the joint pain needs to be considered.
- If the steroid part of the injection is going to reduce the pain and inflammation in the joint, this will usually start to occur between 3-5 days after the injection.

## What next?

Your results will be sent in a report to the Health Practitioner who referred you for this test.

Please make a follow up appointment with your Health Practitioner to discuss your results and further management plan.

## Further information

Department of Radiology

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