

Ultrasound Guided Injections



Radiology

This leaflet has been produced in order to let you know what to expect and how to prepare for your ultrasound guided injection.

What is an ultrasound guided injection?

It is a small interventional procedure that involves injecting a steroid into the appropriate area using ultrasound to guide the needle. This injection is a therapeutic procedure, aiming to reduce musculo-skeletal pain relating to tendons, tendon sheaths or bursae.

What are the benefits?

The aim of the scan and injection is to aid your diagnosis and give you some pain relief by reducing inflammation. This may not be the 'cure', but it will give you some relief from your symptoms allowing further appropriate management and treatments to commence. The full effect of the injection may not be evident for up to six weeks.

Do I need to prepare for my scan?

There are no dietary requirements needed for this scan.

You should wear comfortable, loose fitting clothing for your scan. You will need to remove clothing and jewellery in the area to be examined.

Please ensure you tell us if you have any allergies, particularly to local anaesthetic.

Please make note of your medication and if you are taking **Warfarin**, or any other blood thinning tablets make a note of your recent **INR** (International Normalised Ratio) levels and call 01483 464150 to let us know.

If you are diabetic, you can still have an injection, but be aware that the corticosteroid may cause a temporary rise in your blood sugar levels.

If you require a hoist, or your weight exceeds 23 stones (150 kilograms) please contact the radiology appointments office when you receive this appointment.

Can I bring a relative or friend?

Yes, however, it may not be suitable for a friend to remain in the scanning room whilst you are undergoing the examination. If you have learning difficulties, please bring a friend or relative with you.

Who will do my scan?

A specialist doctor (Radiologist) or a Health Care Professional who is specially trained in ultrasound (Sonographer) will perform the scan. We sometimes have trainees in the department who are observing or learning under supervision. This will be indicated to you at the time of scanning. If you feel that you would rather be scanned by the regular staff alone this option will be made available to you and will not affect the way your scan is undertaken.

What happens during the scan?

Our ultrasound rooms are dimly lit to reduce the amount of 'glare' on our ultrasound monitors.

You may be asked to remove some clothing from the affected area. Please ensure you wear appropriate clothing to expose the region being examined. A small amount of ultrasound gel will be applied to the area of concern and the radiologist or sonographer will scan the region of interest and, after discussion with you, will proceed to giving you the injection. Your skin will be cleaned around the affected area. He/she will then guide the injection to the appropriate position whilst watching it on the screen.

The injection contains a combination of local anaesthetic to temporarily numb the area and a corticosteroid, which acts as an anti-inflammatory. The anaesthetic will give a few hours of relief, but the slower acting corticosteroid may take up to a week to take effect.

Warning- it may get worse before it gets better. Once the anaesthetic effect has worn off, the area can become more painful for up to 48 hours before the steroid has taken effect.

How long will it take?

The whole examination will usually take 10-20 minutes. Whilst we will endeavour to ensure you are seen at your appointed time, sometimes emergencies may have to take priority. Please be patient, but feel free to ask the reception staff if you think that you may have been overlooked.

What are the possible side effects?

Every caution to minimize the risk of side effects will be taken.

The following side effects are rare, but you should be aware of the risks.

- **Post injection 'flare'** - pain within first 24 hours
- **Bruising** around the injection site.
- **Tendon injury** - minimised with ultrasound guidance
- **Diabetics** may experience a rise in blood sugar levels, which should settle in a few days.
- **Disruption to menstrual cycle**
- **Mood disturbance**
- **Facial flushing** (up to 24 hours)
- **Local skin dimpling/discolouration**
- **Infection** - (risk is 1 in 5,000-10,000) If you notice any swelling and/or heat around the injection site (worsening after 48-72 hours), or you develop a temperature you should contact your GP or local hospital.

You will be able to discuss any of these points at the time of the appointment.

What happens after the examination?

You should feel absolutely fine, but you may be asked to stay close to the Radiology department for 20 minutes to ensure you do not feel any adverse side effects.

You can normally drive home, depending on the site of injection, but it may be advisable to be driven by a companion.

You should keep the injected joint/soft tissues moving gently for the first 48 hours, avoiding heavy/physical work, repetitive movements or your normal aggravating positions/movements. Take regular pain killers over next 24 hours, if needed.

We would like you to keep a pain diary to help us audit the effectiveness of the treatment. If possible could you either post this page back to Maria Armstrong in Department of Radiology at the Royal Surrey or email a scan/photo to jointinjections@me.com, Thank you

Injection Date: Hospital Number: TIME	PAIN SCORE: 0 = no pain 10 = worst pain
Pre injection	
Immediately post injection	
4-8 hours after injection	
24 hours after injection	
48 hours after injection	
1 week	
2 weeks	
4 weeks	
6 weeks	
3 months	

Where will I have my scan done?

Ultrasound scans are undertaken in the Radiology Department at the Royal Surrey County Hospital or Cranleigh Village Hospital. The hospital you are being scanned at and the time of your scan will be written on the accompanying appointment letter.

Privacy and dignity

Sometimes tests, although necessary, can be embarrassing or undignified for patients but we promise to do everything we can to make you as comfortable as possible during your visit to the department. We hope that the information in this leaflet will answer any questions you may have but please feel free to contact us if you have any particular worries, questions or concerns. We have both male and female staff working in our department.

Are there alternative scans I could have instead?

Your doctor has requested an ultrasound scan as they believe that this is the most suitable scan for you. It may be that you have other scans or investigations booked as well. If you have any concerns over the type of scan you should be having please call us or speak to your referring doctor for more information.

Questions & Contact details

Following the examination, if you experience any problems please contact the Radiology appointments office between 09:00 and 16:00. Outside these times please contact your GP.

If you have any questions or would like to know more about this procedure, please contact us before your appointment on 01483 464150 (a direct line).

If you cannot or do not wish to undergo the examination, please advise us as soon as possible on 01483 464150. Wasted appointments cost the NHS money.

Please be aware that if you are more than 10 minutes late for your appointment we may not be able to scan you and you may have to be rebooked.

Please make sure you are satisfied that you have received enough information about the procedure.

Reference source

- British Medical Ultrasound Society (2012) Statement for the General Public on the Safety of Medical Ultrasound Imaging <http://www.bmus.org/policies-guides/pg-safety06.asp>

Websites for further information

- www.rcr.ac.uk (Royal College of Radiologists)
- www.nhsdirect.nhs.uk For health advice or information you can call NHS Direct on 0845 45647
- For general information about radiology departments visit The Royal College of Radiologists' website: www.goingfora.com

Contact details

For further information about Diagnostic Imaging Services at Royal Surrey County Hospital NHS Foundation Trust, please contact:

**Royal Surrey County Hospital NHS
Foundation Trust,
Egerton Road,
Park Barn,
Guildford
Surrey
GU2 7XX
www.royalsurrey.nhs.uk**

Royal Surrey County Hospital (RSCH) NHS Foundation Trust fully subscribes to the National Patient Safety Agency (NPSA) *Being Open* best practice framework, November 2010.

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located in far left corner as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–4.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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