

Radiology Department

Ultrasound Guided Steroid Injection

Corticosteroid Injections

You do not need to fast prior to your injection

Your injection will be made up of a local anaesthetic and a steroid. Corticosteroids can be used to treat inflammation in joints and tissues. The local anaesthetic may cause some temporary numbing of the area.

Before your injection

Let the department know if you're on antibiotics for infection. We may need to rearrange your appointment for a date after the course of antibiotics has finished

You **are** allowed to eat before your injection.

After your injection

After the injection, the Radiologist may ask you to rest for approximately 30 minutes before leaving the hospital and you should rest for the remainder of the day at home. Normal activities can be resumed the following day; however, you are advised not to do any strenuous exercise for a week. If it is a tendon injection you may be advised to avoid strenuous exercise for 2 weeks.

- You should **not drive** on the day of the treatment so please make alternative arrangements.
- You should avoid contact with any known active cases of chickenpox or shingles whilst having steroid therapy.
- You should not receive a live vaccine for 2 weeks following your steroid injection.



Patient Information

- It may take 24 to 48 hours for the injection to start working and for you to feel any benefits.

Possible side effects

All drugs can cause side effects, the following occur very rarely with corticosteroid injections.

- **Facial flushing:** This occurs 24-48 hours after the injection. You may feel hot and your face may look flushed. This will go away completely without treatment.
- **Glycaemic control:** If you are diabetic you may notice a slight change in your blood sugar level over the following 5 days. It is advisable to check this.
- **Joint or soft tissue infection:** This occurs very rarely. If the area becomes hot and painful seek immediate medical advice.
- **Post injection flare:** Occasionally your symptoms may be made worse by the injection. This will last for 24-48 hours and should be treated with painkillers as needed.
- **Bleeding or bruising** may occur at the injection site.

Do you need an interpreter?

If you need an interpreter, we will provide one of our hospital-based interpreters. You cannot use a friend or relative to interpret for you. We provide an interpreter as you are having a complex procedure and we want you to be supported by someone familiar with explaining your procedure.

A friend or relative is still very welcome to come with you to the hospital.

It is important that you contact Radiology at least 48 hours before your procedure to let us know that you need an interpreter. Please call Radiology on the telephone number 024 7696 6933 and we will arrange an interpreter for you.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact the telephone number 024 7696 6933 and we will do our best to meet your needs.

Patient Information

The Trust operates a smoke free policy.

To give feedback on this leaflet please email: feedback@uhcw.nhs.uk

Document History

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