

Radiology

Ultrasound-guided steroid 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, rest for about 30 minutes before leaving the hospital. Rest at home for the remainder of the day. You can resume your usual activities the next day.

Do not do any strenuous exercise for 1 week. If you had a tendon injection, do not do strenuous exercise for 2 weeks.

- Do **not drive** on the day of the treatment - please make alternative arrangements.
- Avoid contact with any known active cases of chickenpox or shingles whilst having steroid therapy.
- Do not receive a live vaccine for 2 weeks before or after your steroid injection.
- It may take up to 7 days for the injection to start working and for you to feel any benefits.



Patient Information

Possible side effects

All drugs can cause side effects. The below side effects occur very rarely with corticosteroid injections:

Facial flushing

This occurs 24 to 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 next 5 days. It's advisable to check this.

Joint or soft tissue infection

This occurs very rarely and takes 5 to 7 days to develop. If the area becomes hot and painful around this time, seek immediate medical advice.

Post injection flare

Occasionally your symptoms may be made worse by the injection. This will last for the first 24 to 48 hours and should be treated with painkillers as needed.

Bleeding or bruising

This may occur at the injection site.

If 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. A friend or relative is still very welcome to come with you to the hospital but may not be able to be present during the procedure.

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.

Patient Information

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.

The Trust operates a smokefree policy.

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