

Patient information and consent:

Ultrasound guided injection

An ultrasound scan is a procedure that uses high-frequency sound waves to create images of parts of the body. These images can help us guide a needle to a specific area in the body; pain relief medication can then be administered through the needle.

What is the procedure?

A Radiologist will perform the ultrasound scan. A small handheld probe is placed on the skin, which emits sound waves. As the sound waves bounce off different parts of the body they create 'echoes' that are picked up by the ultrasound probe. The information picked up by the probe is turned into a moving image that can be seen immediately on a monitor by the Radiologist.

You may be asked to undress, depending on the area of the body being scanned. If this is necessary, we will ask you to change into a hospital gown prior to the procedure.

We will ask you to either lie or sit on the examination couch and an explanation of what will happen will be given by the Radiologist.

A gel is put on your skin to improve the image and allow the probe to move across your skin. The gel is often cool on the skin and can be easily removed after the scan is finished. The injection is carried out using sterile techniques to minimise infection. Your skin will be washed with an antiseptic solution and a sterile drape placed over the area to be injected.

The Radiologist will wear sterile gloves and the ultrasound probe placed in a sterile cover. A local anaesthetic can be injected to numb the area to be examined; this can sting for a short time before it starts to work. The needle is then placed into the area to be injected. Either local anaesthetic or steroid are used, or a combination of both. Once the examination is completed a small sterile dressing will be placed over the injection site.

How do I prepare for the procedure?

It is important to follow any instructions on your appointment letter; this will tell you when to arrive for your examination and any other preparation you may need. You may eat and drink as normal.

Please inform us on 01691 404106 as soon as possible if any of the following apply:

1. If you take any **anti-coagulants** to thin your blood
2. If you are on a course of **antibiotics**, have recently finished a course of antibiotics or feel that you have an **infection** in your body at the present time
3. If you have any known **allergies**
4. If you are due to have any dose of a **vaccination** within two weeks of the appointment date, this can be either **before** or **after** the appointment date

Please also contact us if you **do not have your normal pain** in the days leading up to the examination as we may need to reschedule your appointment.

Please turn over to read the risks and benefits of the procedure and please bring this document with you to your appointment.

What are the risks or side effects of the procedure?

There are no known risks from the use of ultrasound, and they are generally painless, although you may find it uncomfortable when the probe is pressed onto your skin.

Side effects of local anaesthetic injections can include:

- pain and discomfort for a few days
- temporary bruising or a collection of blood under the skin
- an infection, causing redness, swelling and pain – get medical advice as soon as possible if you have these symptoms

Side effects of steroid injections can also include:

- flushing of the face for a few hours
- a loss of fat where the injection was given – this can cause dimples in the skin and may be permanent
- paler skin around the site of the injection – this may be permanent
- if you have diabetes, your blood sugar level may go up for a few days
- if you have high blood pressure, your blood pressure may go up for a few days
- rapid progression of arthritis, a rare complication

What happens after the procedure?

You will be provided with paper towels to remove the gel from your skin. Do not worry if you cannot remove it all, it is washable and hypoallergenic. You will then be escorted to our post procedure room where we will make you a drink if you wish and check you are feeling ok before you leave the department.

We advise that you bring someone with you take you home as you may not be able to drive following the injection.

We will ask you to monitor your pain following the injection; we will give you a contact number and a date to ring us with your pain response. Your observations will form the basis of the report that the Radiologist will send on the Consultant that referred you. They will discuss this at your next clinic appointment.

Who can I contact if I have any questions?

If you have a query regarding your appointment, please call **01691 404106**

Further information:

www.nhs.uk/conditions/steroid-injections

I understand the risks and benefits of the above procedure and consent to the procedure taking place.

Print name:

Date:

Signature:

Procedure:

Radiologist signature:

Please bring this document with you to your appointment