

Patient information and consent:

Ultrasound guided Platelet Rich Plasma (PRP) injection

Platelet rich plasma injections are used to treat various conditions that cause pain in the body. Platelets are found in your blood system and contain factors that help you to heal following an injury.

What is the procedure?

PRP (Platelet Rich Plasma) injection is a two-stage procedure. Firstly, approximately 10ml of blood is drawn from your arm. Your blood is then put in a centrifuge and spun for 10 minutes. This separates the blood into its different component layers. The layer of platelet rich plasma is separated from the other blood products and drawn into a syringe.

The target/painful area of your body will be examined with ultrasound. Sterile precautions are used. An injection of local anaesthetic may be used to numb the area. The ultrasound scanner is used to guide a needle into the target area. Once in the correct anatomical location, the platelet rich plasma is then injected.

You may be asked to undress, depending on the area of the body being examined. If this is necessary, we will ask you to change into a hospital gown prior to the scan. There is no need to remove any jewellery etc, unless it is over the area we are scanning.

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**

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 benefits of the procedure?

PRP has been shown to improve healing and reduce pain in the affected area.

What are the risks of the procedure?

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

Any procedure where a needle crosses the skin carries a small risk of infection and bleeding. There is also a very small risk of damage to the adjacent and treated structures (usually tendons).

What happens after the procedure?

At the end of the procedure you will be taken to our recovery room where you will stay for around 15 minutes to ensure you are feeling well following the procedure. We ask you to call us in 6 weeks to tell us how you are feeling.

Follow-up after the procedure will be with your referring clinician.

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/Ultrasound-scan

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