



HEATH LODGE CLINIC

A PERSONAL AND INDEPENDENT APPROACH TO CLINICAL SERVICES

Information about your Ultrasound Guided Steroid Injection

You have been referred for a corticosteroid injection under ultrasound guidance.

Ultrasound-guided steroid injections are used to treat pain and inflammation in joints and soft tissues, using ultrasound to precisely guide the needle for accurate delivery of the steroid and local anaesthetic.

A steroid injection may cause temporary weakening of your immune system which may increase your risk of contracting COVID-19 and other viruses, however, there is no confirmed evidence to support this.

There should be at least 1 week between a COVID-19, flu or other vaccinations and a steroid injection as steroids may interfere with the immune response to the vaccine.

If your appointment falls less than 1 week before or after your vaccination, please ring 01564 742150 and press option 4 or email contact@heathlodgeclinic.co.uk to reschedule your appointment.

We advise you not to drive on the day of the treatment and to make alternative arrangements. Please arrange for a chaperone (responsible adult 18 years or older) to attend the appointment with you.

Please advise the clinic if you are taking antibiotics for an infection, as this generally means that we will need to rearrange your appointment for a date after the course of antibiotics has finished. This is because steroids could compromise your recovery process.

Please avoid contact with anyone known to have active cases of chickenpox or shingles whilst having steroid therapy.

The beneficial effect of corticosteroid may not be apparent until 24 - 48 hours after your injection.

Corticosteroid injections

Your injection will be made up of a local anaesthetic and a steroid. Corticosteroids are very effective at controlling inflammation in joints and tissues. The local anaesthetic may cause some temporary numbing of the area.

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Heath Lodge Clinic, 1357 Warwick Road, Knowle, Solihull B93 9LW
T 01564 732150 E contact@heathlodgeclinic.co.uk www.heathlodgeclinic.co.uk

When you arrive

Please arrive 15 minutes prior to your appointment time.

You will be greeted in a professional and friendly manner.

At reception you will be asked to confirm your name, date of birth and address and how you are funding the examination.

If you require the use of an audio induction loop, please advise reception on arrival.

Please inform the receptionist of any disabilities, (hearing, sight, mobility, learning disabilities) you may have. You will be asked to take a seat in the waiting room where we have amenities such as Wi-Fi, tea and coffee facilities.

Please note If you are attending the clinic with an assistance/support dog, please make us aware prior to your appointment.

Disabled Access

Access to the building is via a front doorstep. On request, a ramp can be deployed to allow easier access. Doors throughout the clinic are accessible for wheelchair users and there are no changes in floor levels within the building on the ground floor. Disabled toilet facilities are available throughout the clinic.

During the procedure

You will be escorted into the clinical room by a healthcare professional who will be assisting with the procedure ensuring you feel comfortable and supported. You may be asked to change into a gown if required. It is important to let the staff member know if you have a latex allergy before entering the room.

The procedure will be carried out by a consultant radiologist or sonographer, who will advise you of the risks and benefits and obtain your written consent.

The area of concern will be scanned using the ultrasound to locate the target area for injection. Gel will be applied to the skin to allow the ultrasound waves to reach the area being assessed and provide a clearer picture.

For the procedure, iodine (brown liquid antiseptic) is used to clean the skin to reduce the risk of infection and a sterile cover is placed over the ultrasound probe.

Once the targeted area has been highlighted with the ultrasound, a cold numbing spray is used which acts as a local anaesthetic. A needle is then placed and guided to the specific site and used to administer a mixture of local anaesthetic and steroid. Once completed a dressing will be applied over the injection site, which will need to remain in place and kept dry for the rest of the day.

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Following your injection

Following the injection, you may be asked to sit for a few minutes in the waiting room and you will be advised to rest for the remainder of the day at home.

The area that has been injected may be sore for a few days. Normal pain relief medication can be taken as usual.

Normal activities can be resumed the following day, however, you are advised not to do any strenuous exercise for a week. If you have had a tendon injection, you may be advised to avoid strenuous exercise for 2 weeks.

Possible Side effects

All drugs can cause side effects; the following occur very rarely with corticosteroid injections:

- Facial flushing: This may occur 24-48 hours after the injection. You may or may not feel hot but your face may look flushed. This should resolve completely within a week and should not require treatment.
- 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 over-the-counter painkillers as required.
- If you are diabetic, you may notice an increase in your blood sugar levels over the following 5 days. It is advisable to monitor this and seek medical advice if it remains elevated.
- Increased pain, swelling, redness or warmth – Please see your GP or call 111 for advice
- Fever/chills - Please see your GP or call 111 for advice
- Bleeding or bruising may occur at the injection site. It may be useful to apply ice to reduce inflammation. If any bleeding persists, ensure that you apply pressure to the area for at least 5 minutes.

If you are a self-paying patient, a member of our reception team will take payment of your fee before you leave the clinic, you may make payment by credit Card or debit Card. Please note we do not accept American Express.

If you are an insured, NHS or medico-legal patient we will invoice the relevant party directly.

Please allow up to 7 working days, from the day after your injection for your report to be available to your referring clinician.

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