

Medical help via your GP / local minor injuries unit should be sought if there are any signs of the following:

- Excessive bleeding from the site
- Increased pain, swelling, redness or warmth
- Swelling in the neck, armpit or groin
- Fever / chills

If you are unable to attend this appointment please let the department know ASAP, the appointment can be used by another patient.

## Useful contact numbers

X-Ray / Ultrasound **020 8909 5443**

MRI / CT / Nuclear Medicine **020 8909 5801**

DXA **020 8909 5476**

Pre operative assessment **020 8909 5630**

**NHS**

**Royal National  
Orthopaedic Hospital**  
NHS Trust



A patient's guide to

## Sinogram

If you would like this leaflet translated into another language/large print, please contact the Quality Team on 020 8909 5439.

Royal National Orthopaedic Hospital NHS Trust  
Brockley Hill  
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HA7 4LP

Switchboard: 020 8954 2300

[www.rnoh.nhs.uk](http://www.rnoh.nhs.uk)

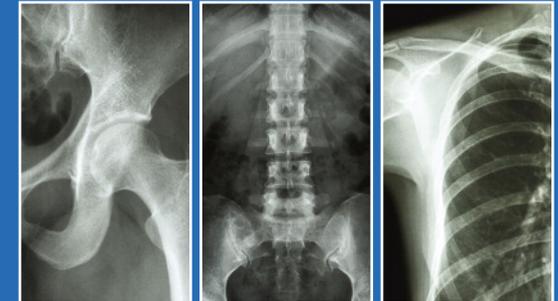
Twitter: @RNOHnhs

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**A Sinogram** is a procedure that uses low dose radiation to guide a needle into the exact area where the contrast is needed. We may ask you to move around during the procedure so please let us know if you have any mobility issues. The fluoroscopy equipment consists of a large arm that moves around throughout the procedure.

## Before the procedure

We require you to contact the department if any of the following apply to you, if the department is not contacted before the appointment and any are applicable to you the appointment may be cancelled:

- You are taking anti-coagulants (blood thinning medication) such as **Warfarin, Aspirin, Clopidogrel, Rivaroxaban** or **Apixaban**
- If you have recently been diagnosed with a DVT or a suspected DVT and your medication is still ongoing.
- You are on or have recently been taken off **Antibiotics**
- You have a concern you may have an infection
- Any allergies to medications.

Contact number: **020 8909 5801**

When coming to the department we advise you bring someone with you as you are not allowed to drive following the procedure, please come to the X-ray department and book in at reception.

You will be asked to take a seat. Please be aware we run a busy service with multiple procedures, so patients will be taken into separate rooms at different times.

## In the room

You will be asked into the room where a nurse / helper / radiographer will help you change if required. They are there to help with the procedure and ensure you are at ease throughout.

The radiologist will carry out the procedure. If you have a latex allergy please inform the staff in the room. The radiologist will discuss the process of the procedure including common risks and intended benefits. This is an opportunity to ask any questions you may have before signing consent paperwork.

**The procedure** commences with a simple x-ray as a control study and to locate the area that the injection needs to be placed. A blunt metal pointer is placed on the skin to help identify the correct location for injection.

The radiologist will then use a permanent marker on the skin to mark the intended injection site. The main part of the procedure uses aseptic (clean) technique. Your skin will be washed and a sterile cover will be placed over the area of intended entry. Local anaesthetic may be injected to numb the area to be examined, which may 'sting' when injected for a couple of seconds before it goes numb.

The needle will then be guided to the area of interest using the x-ray machine. The contrast will then be injected. The Radiologist will be looking for where the contrast goes and may require you to move to better visualise the abnormality or anatomy depending on the problem the referrer is looking for.

A dressing is used at the end of the procedure and needs to be kept clean and dry for the rest of the day.

## Important aftercare

You should avoid strenuous activity for 5 to 7 days after the procedure. The area that has been injected may be sore for a few days. Normal pain medication can be taken as usual. Following the injection, the local anaesthetic will begin to wear off after 1 to 2 hours or possibly 6 hours depending on the type of anaesthetic used. You may experience worsening symptoms during the first 24 to 48 hours.

The scans will be analysed by the radiologist and the results will be available to the referring clinician shortly after. The results will be available for the outpatient appointment with your consultant after the procedure. If you do not have a follow up please contact the consultant's secretary using main hospital switchboard on **020 8954 2300**.