

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**

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

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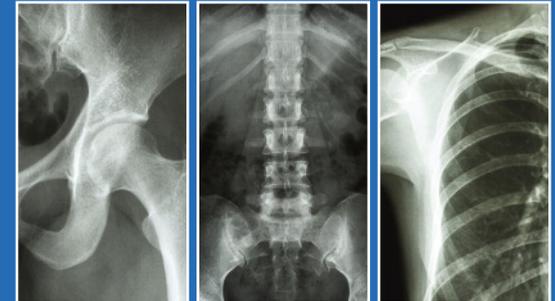
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NHS Trust



A patient's guide to

# Ultrasound guided Injection



**An ultrasound guided injection** is a procedure that uses an ultrasound probe, a device that emits sound waves to produce an image, to guide a needle into the exact area where the injection is needed. There is no known hazard from ultrasound which was introduced over 40 years ago.

## 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**

Please book in at reception when you arrive at the X-ray department.

We advise you to bring someone with you if necessary as you will not be allowed to drive following the procedure.

After booking in you will be asked to take a seat. Please be aware that 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 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 procedure** starts with a simple ultrasound scan to locate the area to be targeted for the injection. A small amount of gel will be used on the skin, which helps the ultrasound waves to reach the area being assessed and provide a clearer picture.

The second part of the procedure uses an aseptic (clean) technique to reduce the risk of infection. Your skin will be washed and a sterile cover will be placed over the injection site. A needle will be used to inject a local anaesthetic +/- a steroid into the area where you have your pain. Local anaesthetic will be injected initially to numb the area, which will sting first for a couple of seconds before it goes numb.

The needle will be positioned at the specified site using the ultrasound probe for guidance. The local anaesthetic / local anaesthetic and steroid mixture will then be injected. A dressing will be applied 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 a few days after the procedure. The area that has been injected may be sore for a few days. Normal pain relief medication can be taken as usual.

Following the injection, the local anaesthetic will begin to wear off after 1 to 2 hours. You may experience worsening symptoms during the first 24 to 48 hours due to the steroid, which is called a steroid flare. Your normal pain control medication can be taken, however if the pain is severe or increasing after the first 48 hours please seek medical help.

You might be given a pain diary to record your pain levels to take with you to your next consultant appointment.

For diabetics a rise in blood sugar levels may occur for a few days after the procedure.

Steroid injections can occasionally cause some thinning / changes in the colour of the skin at the injection site, especially if they are repeated.