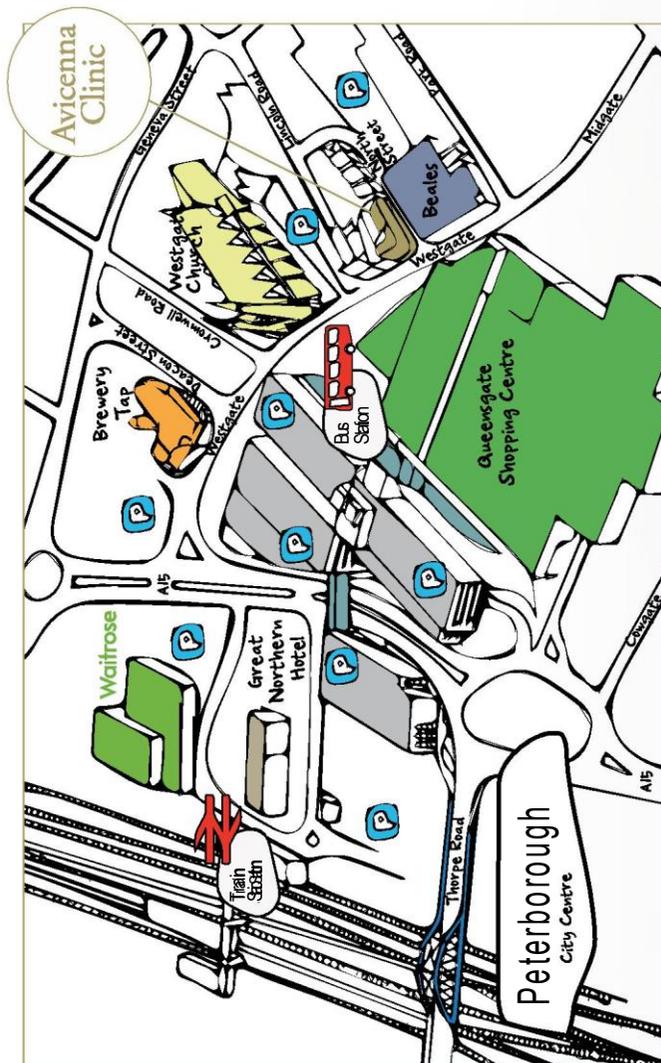


If you have any questions you want to ask, you can use this space below to remind you.

### How to find Avicenna Clinic

We are located in the heart of Peterborough City Centre at: 1 North Street, Peterborough, PE1 2RA, adjacent to the Queensgate Shopping Centre entrance on Westgate, and Beales on the corner of North Street and Westgate. Plenty of parking is available near to the clinic and Peterborough train station and bus stations are just a short walk away.

Our opening times are between 9am to 6pm, Monday to Saturday (except bank holidays). Please contact us on 0330 2020597. You can find us online at [www.avicennaclinic.com](http://www.avicennaclinic.com) or on Twitter: AVClinic; or Facebook: Avicenna



If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on

# Avicenna Clinic

Open MRI and Minimally Invasive Surgery

# Avicenna Clinic

## Image-Guide Steroid Injection

This leaflet is designed to give you some information about the procedure, to help you prepare for your procedure and to give you some idea of what to expect.

### What is steroid Injection?

A common cause of a painful joint is synovitis (inflammation of the lining of the joint) or adjacent soft tissue. It can be useful to inject corticosteroid and/or local anaesthetic medication directly into the joint or the soft tissue next to a joint (this is often called a bursa) to reduce the inflammation and provide pain relief.

### Why perform a joint injection?

This procedure is most often used in the shoulder, knee, or hip but may also be helpful in other joints such as the back (facet) and small joints of the hands and feet for pain relief. Sometimes it may be difficult to know what is exactly causing the joint pain. If the pain is not mainly due to the joint inflammation, the injection may not improve your symptoms. Although, this may be disappointing to you, it can be helpful information as it means another cause of joint pain needs to be considered.

### How Joint injection is performed?

The procedure is performed under X-ray or ultrasound guidance. After the skin is cleaned with antiseptic, local anaesthetic is injected into the skin and deeper tissues to reduce the discomfort of the procedure. When the needle is inserted you will be feeling of someone pushing in. When the needle is in the correct place, its position will be confirmed and if under x-ray by contrast (dye) before giving the injection and withdrawing the needle.

### Are there any side effects?

There is a very small (1 in 20,000-75,000 injections) risk of infection. There are possible complications of the steroids with aggravation of pain and if the steroid is not injected solely in the joint damaging to the soft tissue including atrophy of the skin and subcutaneous fat and rupture of the tendons. Allergic reaction to the injected medication (as with any drug) may occur.

### What happens after the procedure?

You will go into the recover area to be monitored until ready to be discharged. As local anaesthetic is used, you may initially feel better but the joint pain may also be worse than before the injection and this may last 2-3 days. If the pain becomes much worse in the days following the injection, this may indicate very rarely infection. If this happens, you should contact the clinic on 030302020597 or your GP as soon as possible.

### Back at Home:

You may not be covered by your insurance to drive a vehicle for a period of 24 hours following the procedure. Therefore for your own well being we advise that you are collected by a friend or relative. You can remove the dressing from the injection site after 24 hours. If you have any queries about your procedure, please contact the clinic on 03302020597 or contact your GP.

### Other information:

**Medication:** Please take all your prescribed medication as normal prior to the procedure unless you have been advised otherwise. Please, inform us if you are on blood thinning (anticoagulant) medication. Please, bring a list of your current medication when you attend.

**Starvation:** you are not required to starve before the procedure.

**Follow up:** you will have a follow up appointment with the consultant performing the procedure 4-6 weeks following the injection.