

Information for patients and carers

Ultrasound Guided Steroid Injection



What is an ultrasound guided steroid injection?

Steroid injections are used to reduce pain and/or inflammation in the affected joint or soft tissues. The steroid is used in combination with a local anaesthetic. The injection may be into a joint or soft tissue. Ultrasound scans use sound waves to assess anatomy. An ultrasound probe is used in this procedure to visualise the area of interest and to guide the injection.

Important Information

You cannot drive after the procedure so please ensure that you have made arrangements to travel home.

Please inform us before you attend if:

- You have a latex allergy or other allergies
- You are a diabetic
- You weigh over 23st 8lbs (150kg)
- You have problems standing or require a hoist to transfer
- You are taking any anti-coagulant medication (blood thinning medication) such as Warfarin, Aspirin, Apixaban, Rivaroxaban, Clopidogrel, Ticagrelor, Edoxaban or Dabigatran
- You have recently had a vaccination or have a vaccination planned; have a viral infection such as measles, chickenpox or shingles or any other infection
- You have come into contact with anyone suffering with measles, chickenpox or shingles in the last three months
- You require an interpreter

Preparation for your scan

There is no specific preparation for the injection.

Please inform the sonographer/doctor **before** your scan if you are allergic to latex.

Can you bring a relative or friend?

A relative or friend may accompany you to the hospital, but they will not usually be allowed into the room when you have your examination. Please note we have limited seating and do not have childcare facilities, so you are advised not to bring small children with you. If you are unable to avoid this, please contact us in advance of your appointment.



What happens when you arrive?

Please report to main X-ray to book in. Depending on where your injection is going to be, you may be asked to change into a hospital gown. You may bring your own dressing gown if you wish.

What happens during your scan?

You will be asked to lie on the ultrasound couch. Your skin around the injection site will be cleaned with antiseptic. The radiologist will use ultrasound to decide on the most suitable point to insert the injection

needle. The area is numbed with an injection of local anaesthetic. Generally, the procedure is not painful although the local anaesthetic may sting for a short while. You may feel some pressure as the needle is inserted. The procedure takes approximately 20 – 30 minutes.

Is it safe to have an ultrasound guided injection?

All injections are associated with a degree of risk, but the likelihood of complications is small, and most people have no problems.

Before the procedure, the radiologist will discuss with you the benefits and possible complications of the procedure and you will have the opportunity to ask questions.

There is always a small risk of infection following any injection. In a small number of cases, bleeding can occur from the injection site. This is usually minor and will soon stop.

Side effects

The area may be numb for a few hours.

It is possible you may still experience some pain after the local anaesthetic has worn off, possibly up to a week following the injection.

If you have any other side effects after your injection, please telephone the X-Ray department or, out of hours, contact the accident and emergency department.

Are there any risks?

There is a small risk of infection in the joint after the procedure. If you are allergic to the drugs there is a small chance that you may have an allergic reaction. There is also a small risk of bruising and bleeding.

It is not necessary for you to have somebody with you after this procedure.

Can I drive after the procedure?

Please do not drive yourself home after the procedure.

Please ensure that someone can attend with you to drive you home following the procedure. If you are using public transport, you may travel home unaccompanied. The consultant will advise you when you can resume driving.

Contact telephone numbers

Monday to Friday 08:30 to 16:30

Ultrasound Appointments

Chorley: **01257 247793**

Preston: **01772 522619**

Ultrasound Enquiries

Chorley: **01257 245196**

Preston: **01772 522619**

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

<https://bepartofresearch.nihr.ac.uk/>

Follow us on social media @lancshospitals

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.
This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or to join our reading group please contact us on email address:
patientexperienceandinvolvem@LTHTR.nhs.uk

Department: Radiology/Ultrasound
Division: Diagnostics and Clinical Support
Production date: August 2026
Review date: August 2029
JR 1502 v1