

Local Steroid Injection Information

Steroid injections have been used for several decades to treat various ailments. Corticosteroids, such as cortisone, are naturally occurring chemicals, produced in your body by the adrenal glands near your kidneys.

Corticosteroids are extremely effective at controlling inflammation in joints and soft tissues. This effect will ease pain and allow commencement of rehabilitation with the aim of improving symptoms for the longer term.

Steroids used for injection are synthetically produced and are often used alongside a local anaesthetic. Injecting these substances allows a small amount to have a greater concentration where it is needed.

There are occasions when it may not be appropriate for this kind of injection to be given and your clinician should be notified:

If you are under 18, have an infection, are taking antibiotics, feel unwell in yourself, are pregnant or breast feeding, are due to have surgery in the area concerned, have a known allergy to steroid, local anaesthetic or benzyl alcohol, are taking warfarin and your INR is over 3.0, have poorly controlled diabetes, are taking bupropion (Zyban) to stop smoking, or are epileptic.

Also, if you are known to have ventricular arrhythmia, a sinoatrial disorder (SA node problem), atrioventricular (AV block) or complete heart block, please inform your clinician as they may wish to avoid using local anaesthetic.

There are some possible side-effects associated with local anaesthetic and steroid injection. The more serious of these are extremely rare.

These are: facial flushing, a post-injection flare of pain, local skin thinning and whitening, menstrual irregularity, vivid dreams, raised blood sugar if diabetic, bleeding or bruising (more so if taking blood thinners), altered mood, tendon rupture, infection and allergic reaction.

Follow injection it is important to avoid exposure to measles, shingles and chickenpox if you have never had them, and to seek medical advice without delay if this occurs.

Some people are very anxious and can feel faint around the time of injection. The injection is typically not as painful as you may expect. It is often no more uncomfortable than a normal blood test. It is advised that you wait in the department following your injection until you feel fit to leave.

Driving after your injection may not be safe if the anaesthetic used limits your function. This should be a relatively short lived effect. The decision as when to resume driving is at your discretion. You may wish to arrange alternative transport.

A period of relative rest is usually advised following this type of injection, but varies depending on the condition being treated. Your clinician will advise what is appropriate.

Information for Patients

If you have any questions or concerns, or wish to discuss any of the above information in more detail, please speak with your clinician.

Local Steroid Injection Procedure Checklist

- ☐ Local Steroid Information sheet provided and details discussed
- ☐ Covid-19 Steroid Injection Information sheet provided and details discussed
- ☐ Contraindications/Precautions checked and discussed (overleaf)
- ☐ Consent gained
- ☐ Drugs expiry date checked
- ☐ Aseptic preparation employed
- ☐ Appropriate patient positioning
- ☐ PPE
- ☐ Skin disinfected
- ☐ Aseptic delivery of injection
- ☐ Safe disposal of equipment
- ☐ Post-injection advice to patient

Contraindications

Under 18
Feel unwell in self
Pregnant or breastfeeding
Due to have surgery soon
Known allergy to steroid, local anaesthetic or benzyl alcohol
Patient unwell, current infection or taking antibiotics
Consultant lead patient without agreement to injection

Precautions

Diabetes
Immunosuppression therapies
Anti-coagulant therapy
Warfarinised with INR >3.0
Taking bupropion (Zyban)
Epileptic
Diabetic who monitors blood glucose
Finished antibiotic course within last 2 weeks

Information for Patients

History of depression

Known ventricular arrhythmia, SA block, AV block, complete heart block

Plaster allergy

Recent vaccination (within 2 weeks)

Local Steroid Injection Consent Form

I have read the **Steroid Injection Information** and **Covid-19 Steroid Injection Information** documents and understand the intended benefits and possible adverse effects of the injection discussed.

I understand that if I experience, or am concerned, about any of these side effects, I should contact the physiotherapist named below and/or my G.P.

I have been advised to wait within the available waiting area after the injection until I feel well enough to leave.

Patient signature.....

Patient name.....

Patient PID.....

Date.....

I have explained the injection procedure with the intended benefits and discussed the potential risks and adverse effects as detailed in the supplied **Steroid Injection Information** and **Covid-19 Steroid Injection Information** documents, clearing any relevant contraindications.

Physiotherapist name.....

Physiotherapist signature.....

Date.....

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.