

Ultrasound guided injection

Radiology

Information for patients and carers

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Caring for you

What is an ultrasound guided injection?

It's an injection that uses an ultrasound machine (a machine that uses soundwaves to show images inside the body) to guide a needle through the skin into a joint. This is done so a small amount of medication (steroid or local anaesthetic) can be injected. This is normally used to help with pain but can be used to treat inflammation or aid diagnosis.

Do I need to prepare?

You do not need to do anything specific to get ready.

Please ask someone to bring you to the hospital and take you home.

You must **not** drive for four hours after the injection.

What happens during the procedure?

The doctor will clean the area (e.g. your shoulder or wrist).

They will use the ultrasound machine to find the best place for the injection.

Your skin will be numbed with a small amount of local anaesthetic.

The doctor will then give the injection.

You may feel a sting, but this will soon go away, and the area will feel numb.

What happens after?

You can go home as soon as the procedure is finished.

Your joint may feel a bit sore for a few days.

If the area becomes **red, more painful, swollen**, or hard to move, please contact your GP to check for signs of infection.

Try not to put too much stress on the joint for **5 days**.

You can resume exercise or physiotherapy again after **1 week**.

Further information

You can bring a friend or family member with you, but we have limited seating.

People are not usually allowed in the scan room with you.

If you have questions or if you need information in another language, large print, audio or Braille, please contact the department on **01925 275588**.