



CLARITY

PRECISE MEDICAL IMAGES & DIAGNOSIS

# *IMAGE GUIDED INJECTIONS*

*INFORMATION SHEET*

## *IMAGE GUIDED STEROID INJECTION*

### **What are image guided steroid injections?**

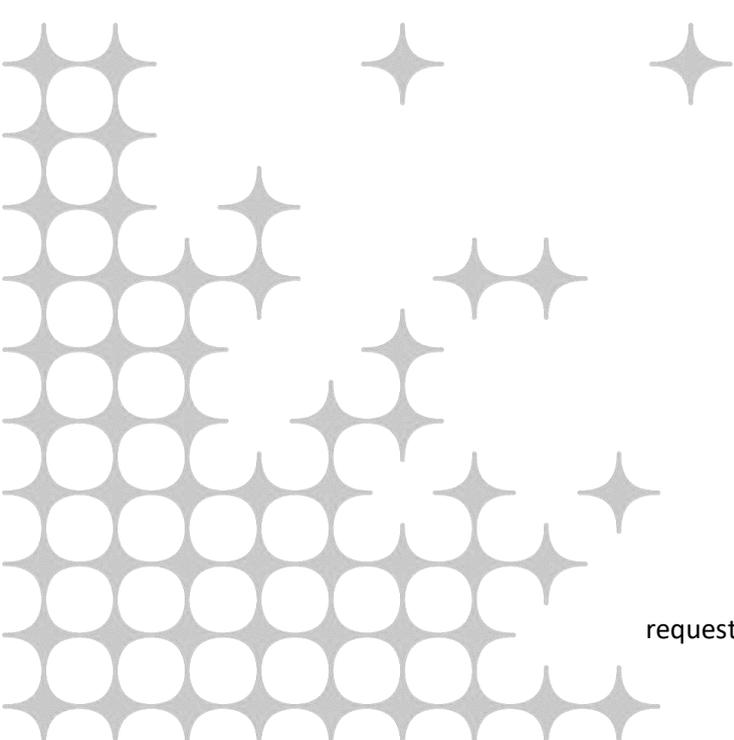
These may also be referred to as "cortisone injections". The injections have both a local anaesthetic and a corticosteroid. The local anaesthetic acts to numb the area for a few hours after the injection, and the corticosteroid helps to settle down the inflammation with the aim of giving longer term pain relief. The injections can be used both diagnostically (to confirm the site is the source of pain) and therapeutically (to give some long-term pain relief).

### **What preparation is required?**

No preparation is required prior to the procedure.

### **What happens during an image guided steroid injection?**

You may be asked to change as is necessary. The area will be cleaned with antiseptic cleaning fluid to prevent infections. A small amount of local anaesthetic may be given if appropriate. A needle will be guided into the appropriate site using either ultrasound or CT. When the needle is at the correct position the injection will be given.



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request an appointment online at [www.clarityimaging.com.au](http://www.clarityimaging.com.au)

## **What to expect after the injection?**

The local anaesthetic may give some immediate relief from pain. This lasts for about 2-3 hours. After the local anaesthetic has worn off, the pain may return and may even be slightly worse for a day or so. Normal pain medication may be taken if required. The steroids usually take from 1-7 days to take effect. The degree and duration of pain relief differs between patients. It is not possible to predict who will get the most relief. You are advised to try to avoid aggravating the site of pain for a few days following the injection to maximise the chances of it working. If your doctor has given you specific advice, then you should follow this.

## **Complications**

Significant complications from this procedure are very rare. If there is increasing pain and tenderness, or redness at the site of injection after 2-3 days, you should see your doctor or go to the emergency department as there may be an infection. If you are diabetic your blood sugar may be raised for 2-3 days following the injection. You should monitor your blood sugars carefully.

# *ULTRASOUND GUIDED BIOPSY*

## **What is an ultrasound guided biopsy?**

This is a way of taking a small sample of cells for analysis by a pathologist. It uses ultrasound to guide the needle to the correct site.

## **What preparation is required?**

No preparation is required prior to the procedure but is important to let us know if you are on blood thinners such as warfarin.

## **What happens during an ultrasound guided biopsy?**

You may be asked to change into a gown, depending on the area to be biopsied. You will lie comfortably on a bed. The area will be cleaned with antiseptic cleaning fluid to prevent infections.

A small amount of local anaesthetic may be given if appropriate. Using an ultrasound machine to guide the needle two or more passes will be made into the lesion using a thin needle. A cytologist will be present to check that adequate sample has been obtained.

## **Complications**

The main risks are infection and significant bleeding, but they are very rare. It is the safest way to obtain tissue. You may experience local discomfort at the site of the biopsy for a few hours afterwards. This can be treated with paracetamol or similar pain medicine.

## **When can I expect the results of the biopsy?**

The biopsy is sent away to a pathology lab to be examined. This usually takes between 2 and 3 working days after which the pathologist will send the report directly to your doctor. You should arrange to see your doctor after this time to get the results.