

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact [please add job title, address, telephone and email where possible]

Teaching, training & research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email pals@york.nhs.uk. An answer phone is available out of hours.

Providing care together in York,
Scarborough, Bridlington, Malton,
Selby and Easingwold communities



York Teaching Hospital
NHS Foundation Trust

Please telephone or email if you require this information in a different language or format

如果你要求本資訊是以不同的語言或版式提供，請致電或寫電郵

Jeżeli niniejsze informacje potrzebne są w innym języku lub formie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz



01904 725566

email: access@york.nhs.uk



Braille



Audio e.g.
CD



Large print



Electronic

Owner

GWhelanMSKservice

Date first issued

Date v11/4/18

Review Date

Max two years from issue

Version

1

Approved by

MSKInjectiontherapygovernance

Document Reference

PIL MSKInjection

© 2018 York Teaching Hospital NHS Foundation Trust

All rights reserved

Corticosteroid Injection Therapy

Information for patients,
relatives and carers

Caring with pride

Why have an Injection?

A corticosteroid injection is given to reduce inflammation and pain. The pain relief may be temporary or permanent. Sometimes better long term outcomes are achieved by combining injection therapy with physiotherapy.

What is in the Injection?

The injection is a corticosteroid. Corticosteroids are drugs used to relieve inflammation. They work by blocking the effects of certain chemicals that the immune system uses to "kick-start" the process of inflammation.

Your injection may also include local anaesthetic or saline.

How fast does it work?

It can take between 2 and 7 days for the injection to start working

You should not have the injection if you:

Have an infection, feel unwell or are taking antibiotics.
Are allergic to anaesthetic or steroid.
Due surgery in the same body part.

Have had live vaccines within the last 4 weeks (MMR, polio, yellow fever) or flu jab in the last 10 days.

Are taking oral antifungal medication.

Are pregnant or breastfeeding.

Are under 18.

Do not want the injection.

What are the side effects?

- **Symptom flare** (1:25) Increased pain and or lethargy within the first 24 hours of the injection. This usually settles within 2 – 7 days.
- **Facial flushing** (1:100). These symptoms should settle within 4 weeks.
- **Skin changes** – very occasionally some thinning or discoloration of the skin may occur at the injection site with loss of some of the fat tissue under the skin. This is often temporary and the skin may recover over the course of a year. In some cases these changes are permanent.
- **Menstrual disturbance / breakthrough bleeding** -Women may have some changes in their normal cycle after an injection. If it lasts longer than one cycle you should see your doctor.

- **Diabetic patients** may notice a temporary increase in blood sugar levels. Contact your diabetes specialist for advice if your blood sugar is high
- **Disturbance to INR**- if you are on Warfarin you should make arrangements for your INR to be checked 48-72 hours after the injection.

What are the risks?

- **Infection**- there is a very small risk of infection with a recorded rate of 1:40,000. If the area injected becomes red, hot and swollen and you feel unwell please attend the Emergency department of your local hospital with this leaflet.
- **Allergic reaction**- extremely rare, occurs within 15 minutes of the injection.

Do I need to rest afterwards?

It is recommended to reduce your normal day to day activities if these involve heavy lifting for the upper limb or impact activities for the lower limb. You will be provided with specific advice following your injection.