

Today in the CMATS clinic you were  
Administered the following medication:

Drug:.....  
Condition:.....  
Injection site:.....  
Dosage:.....  
Clinician:.....  
Date:.....

## Useful Information

### CMATS clinic is located at Barry Hospital

Colcot Road,  
Barry,  
CF62 8YH  
Tel: 01446 704000

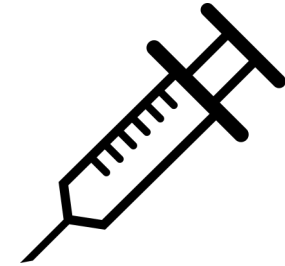
Or

### Cardiff Royal Infirmary

Glossop Road  
Cardiff  
CF24 0SZ  
Tel: 02920 492233

## Patient information

### Having a Steroid Injection



### **What is a corticosteroid?**

A medication which may relieve swelling, stiffness and pain by reducing inflammation. It may be given with a local anaesthetic.

### **Is this the same drug that athletes and body builders take?**

No. The steroids we inject are completely different and extremely safe.

### **Why do I need a steroid injection?**

Because it may:

- Reduce your pain
- Enable you to start rehabilitation earlier
- Help you to return to normal activities sooner
- Break the cycle of inflammation possibly resulting in a permanent cure

### **Why can't I just take anti-inflammatory pills?**

You can, but it is an option you should discuss with your GP. Possible side effects include stomach upsets and bleeding. Steroid injections do not affect the stomach.

### **When should I not have an injection?**

When you:

- Have an infection on your skin or elsewhere in your body
- Are allergic to local anaesthetic or steroid
- Feel unwell
- Are due to have surgery on the area
- Are under the age of 18

### **What are the possible side effects?**

Although side effects are very rare your doctor/ therapist will talk you through the possibilities.

- The injection area may be painful for a few days following the injection, this is commonly termed a steroidal flare. If you have pain beyond this period, seek medical advice.
- Flushing of the face for a few hours after administration.
- Diabetic patients may notice a temporary increase in blood sugar levels.
- If you are taking blood thinning drugs there may be some temporary bruising.
- A small area of fat loss or change in colour of the skin around the injection site.
- Very small chance of infection. If the area becomes hot, swollen and painful after 24 hours you should contact your GP/ A&E immediately.
- Menstrual irregularity may be noted.

### **How is the injection carried out?**

The skin is cleaned with antiseptic. A needle is gently put into the affected area and the solution is injected through the needle.

### **Is the injection painful?**

The injection is slightly more painful than when having blood taken. No injection is pain-free.

Smaller joints tend to be more painful than larger ones.

### **How fast does the injection work?**

If local anaesthetic is also used, the pain should ease within a few minutes, though it may return after about 1 hour, just as it would after a visit to the dentist. The steroid will start to work in 2-5 days and symptoms should improve from this point. The effects of the steroid will peak around 12 days after the injection and last for up to 3 months.

### **How many injections can I have?**

This depends on the part of the body involved and will be decided by your therapist/ doctor and yourself. It is very rare that more than three injections will be given in the same area within a 12 month period. Your GP may be able to administer the same injection.

### **What should I do after the injection?**

You may be advised to rest the injected area for some time following the injection. This may vary from several days to a few weeks depending on the condition and reason why the injection has been given.

### **When will I have to be seen again?**

Your progress may be reviewed after 6 to 8 weeks following the injection to monitor the long term effect of the treatment and you will be given appropriate therapy, if indicated, in the interim period. You may be seen earlier if your therapist thinks this is necessary or may be discharged back to your GP if they can monitor progress instead.