

Image-Guided Joint or Tissue Injection Educational Material and Consent Form

Patient name _____

Facility name _____

Name of provider conducting informed consent _____

The Procedure and Follow Up

A needle will be placed in your body. Your doctor will make sure the needle is in the right place by looking at pictures on a screen. The picture could be from an x-ray, ultrasound, or other equipment. Contrast material (a special dye) may be used to help your doctor get the needle into the right place.

Steroid medicine to reduce inflammation (swelling) and/or numbing medicine will be injected into the joint, tendon, muscle, or soft tissue area.

Procedure Risks

There are risks linked to this procedure, which include but are not limited to:

Allergic reaction: All kinds of allergic reactions can happen. You could have a minor reaction such as a rash or a severe reaction such as swelling of your tongue or throat. A severe allergic reaction is a medical emergency that can cause death.

Atrophy and/or depigmentation: The fat at the site of the injection can shrink. This can cause a change in the color of the skin or a hollow area that will never go away.

Bleeding: You may have bleeding at the injection site. If you have a lot of bleeding, then you should call your doctor or go to the nearest emergency room.

Bruising: You may bruise at the injection site.

Infection: You could get a sickness caused by germs. If this happens, then you will need to be treated with drugs that kill germs or slow their growth. This is a serious problem when it happens inside a joint.

Nerve damage: The nerves near the site of the injection could be harmed. You could have numbness or feel tingling. You could also have chronic pain, weakness, or paralysis but these problems are rare.

Tendon rupture: If you received the injection in a tendon, then it could weaken and fail.

Long-Term Risks

If you have regular image-guided joint or tissue steroid injections over an extended period of time, then you may have more problems. Although extremely rare, additional risks may include:

Acne: Your pimples could get worse or you could get pimples in new areas.

Aseptic necrosis of the hips: Blood may not flow to the hip joint as it should and the joint could be destroyed. This is rare.

Cataracts or glaucoma: Steroids can cause problems with your eyes. Cataracts are when the lenses of your eyes get cloudy. This can cause blurred vision. Glaucoma is a group of eye diseases that can cause you to lose your eyesight. If you had these problems before you started getting steroid injections, then they may get worse. If this happens, then you may need to take drugs or have surgery to fix your eyesight.

Change in monthly menstrual cycle

Elevated triglycerides: The amount of fats in your blood may go up.

High blood pressure: Steroids can cause or worsen high blood pressure.

Muscle weakness: Your muscles may not be as strong as they were before you started getting image-guided joint or tissue injections. This may not get better after you stop getting the injections. This is rare.

Osteoporosis: Your bones may become weak. You may need prescription drugs, calcium, and Vitamin D for better bone health. Your doctor may test your bone density.

Reduction of growth: Children who get many steroid injections may not grow as tall as they should. If you have a concern about your child's growth, then you should call his or her pediatrician.

Slow wound healing: Steroids can make it harder for the body to heal and to fight infection. This is common. If you get a cut of any kind and have a wound, then it may heal slowly.

Thin skin and easy bruising: Your skin may get thinner and you may bruise more easily.

Ulcers: You may get sores in the lining of your stomach and intestines. This can cause bleeding or pain. Your doctor may not want you to take aspirin or anti-inflammatory drugs.

Weight gain or a full face or upper back: You may gain weight from the steroids used in the injections. You may have a full, round face and more fat in other areas such as the upper back.

If any of the problems listed above happen to you, then you may need to have more treatments or procedures. This means you may need to go to the hospital or stay in the hospital for longer than planned.

Alternative Therapy

If you choose not to have an image-guided joint or tissue injection, you could also use other therapies that you may have tried before such as:

- medications,
- ice/heat,
- braces/canes,
- splints, or
- physical therapy.

Your doctor will let you know what other choices may be best for you. How well any other treatment works will depend on your specific health problem.

More Facts

The image-guided joint or tissue injection may not take away all of your pain. The amount of pain relief and the time period for pain relief is different for each person.

Steroids can raise your blood glucose (sugar). If you have diabetes, then you should check your blood glucose more often for several weeks after your injection. Please contact your physician with specific concerns.

Other skilled medical personnel may help your doctor. They will follow state laws and rules from their health care facilities about what duties they may do.

If you have any post-procedure questions or concerns, please call the radiology department at (910) 762-3882 x 1702.