

## JOINT OR SOFT TISSUE INJECTION

### Introduction

Joint or soft tissue injection involves injection of local anaesthetic and steroid or blood products (eg. *autologous blood or platelet rich plasma*) into a joint, bursa (sac of fluid near a joint) or other soft tissue structure to provide pain relief and/or assist with diagnosis and treatment.

All procedures are associated with risks and side effects. Please read and sign this form so that we can be sure you understand the risks and complications potentially associated with this procedure. Please inform the **booking** staff if you are allergic to X-ray contrast, are on Warfarin, Plavix, or any other blood thinning agents, or have any other medication allergies.

### Procedure

The procedure takes about 20 minutes and will be performed in the X-ray, CT or Ultrasound room. The skin will be washed with antiseptic and a local anaesthetic may be injected. A fine needle is then inserted, guided into position using X-ray, CT or ultrasound control. The joint, bursa or soft tissue will be injected with local anaesthetic and steroid or blood products requested by your doctor (*an injection of iodine containing dye into the joint may also be required to confirm accurate positioning*). The needle is removed and compression will be applied to the needle insertion site.

### Post-procedure

Pain relief can take a few days to develop so you may need to continue with your current medication for a short time. We ask that you rest the joint and avoid any strenuous activity (*follow your referring doctor's orders*).

### Risks and side effects

Complications are rare during this procedure however you should be informed of the possible risks and side effects.

Risks associated with this procedure include:

- Pain or discomfort at the needle insertion site, or bruising after the procedure.
- Vasovagal reactions (*more common in the anxious*) may result in dizziness or temporary loss of consciousness and may be delayed (*several minutes after the procedure*). Please inform us if you feel dizzy at any stage.
- Infection is rare but may involve redness or swelling and increased pain, usually after 48 hours. Superficial infection is the most common form and responds rapidly to antibiotics; joint or bone infection is very rare, but can be severe and associated with permanent damage.
- Risks associated with X-ray contrast and local anaesthetic injections include nausea and mild reactions such as rash or itching. Severe allergic reaction is rare and a life threatening reactions even more rare.

Any medical procedure can potentially be associated with unpredictable risks.

*Please ask questions about anything on this form that you do not understand.*

<b>FEMALE PATIENT ONLY:</b> Is there any chance you may be pregnant?	YES	NO
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***I have read the information provided regarding my procedure. I understand the information and have had the opportunity to ask questions about what is going to happen, the reasons for the procedure being performed, and the associated risks. I agree to have the procedure performed.***

Patient Name		
Patient Signature <i>(or signature of legal guardian)</i>		Date
Signature of MIT / Radiologist		

### OFFICE USE ONLY

ANTICOAGULANTS  Yes  No      DIABETIC  Yes  No      ALLERGIES  Yes  No      DRIVER  Yes  No

### PATIENT ID CHECKLIST

NAME confirmed       DOB confirmed       GENDER confirmed       ADDRESS confirmed

### PROCEDURE CHECKLIST

TYPE confirmed       SIDE confirmed       CONSENT confirmed       TIME OUT

