

**If you have any questions or concerns, call the Registered Nurse at 705-325-2201 ext: 3497 Monday-Friday 0800-1600hrs. If any urgent concerns go to the Emergency Department**

## What Is a Steroid Injection?

**Steroid injections**, also called **corticosteroid injections**, are anti-inflammatory medicines used to treat a range of conditions. They can be used to treat problems such as joint pain, arthritis, and sciatica. **Steroid injections** are only given by healthcare professionals. You may have a steroid injection in the same joint once every 3 or 4 months.

## Why Do I Need a Steroid Injection?

Cortisone shots might be most effective in treating inflammatory arthritis, such as rheumatoid arthritis. They can also be part of treatment for other conditions, including:

- Back pain
- Osteoarthritis
- Psoriatic arthritis
- Reactive arthritis
- Rheumatoid arthritis
- Tendinitis

## How Is The Procedure Done?

### **Before:**

If you take blood thinners, you might need to stop taking them for several days before your cortisone shot to reduce bleeding or bruising risk. Some dietary supplements also have a blood-thinning effect. Ask your doctor what medications and supplements you should avoid. You may take your usual medications the morning of your appointment unless advised to stop. You may also eat and drink prior to your procedure.

### **During:**

- You will be asked to change into a gown. You'll then be positioned so that the radiologist can easily insert the needle.
- The area around the injection site is cleaned. The radiologist will use a type of X-ray called fluoroscopy to watch the needle's progress inside your body — so as to place it in the right spot.
- The radiologist will use some local freezing (Lidocaine) at first to numb the area.
- You'll likely feel some pressure when the needle is inserted. Let your doctor know if you have a lot of discomfort.
- The medication is then released into the injection site. Typically, cortisone shots include a corticosteroid medication to relieve pain and inflammation over time and an anesthetic to provide immediate pain relief.

### **After:**

Some people have redness and a feeling of warmth of the chest and face after a cortisone shot. If you have diabetes, a cortisone shot **might temporarily increase** your blood sugar levels. Results of cortisone shots typically depend on the reason for the treatment. Cortisone shots commonly cause a temporary flare in pain and inflammation for up to 48 hours after the injection. After that, your pain and inflammation of the affected joint should decrease, and can last up to several months. Sometimes the radiologist may

hit a nerve with the freezing and this may cause a **temporary** numbing of the area and may require you to stay in the department for an hour or two until the feeling to the limb returns.

**What to Watch For:**

- Protect the injection area for a day or two. For instance, if you received a cortisone shot in your shoulder, avoid heavy lifting. If you received a cortisone shot in your knee, stay off your feet when you can.
- Apply ice to the injection site as needed to relieve pain. Don't use heating pads.
- Do not use a bathtub, hot tub or whirlpool for two days. It's OK to shower.
- Watch for signs of infection, including increasing pain, redness and swelling that last more than 48 hours.

**Date of Joint Injections:** \_\_\_\_\_

**Medication Administered:**  80 mg/1ml Depo-Medrol  Other: \_\_\_\_\_

**Site of Injection:**  LT Hip  LT Shoulder  RT Hip  RT Shoulder  Other: \_\_\_\_\_

Below is a pain log that we would like you to keep. Every day, for one month, monitor the pain level of the joint that was injected to gauge if it was helpful or not. Use a scale of **(B) BETTER, (S) SAME, or (W) WORSE**. Try to record your pain response at the same time each day. This information may help your doctor decide if continued joint injections will work for you or if other treatment options are best.

Joint Injection Pain Log B = Better S = Same W = Worse						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30	Day 31				

**If you experience any of the above problems then call your doctor, Telehealth Ontario (1-866-797-0000), or go to your nearest Emergency Department. Take this sheet with you.**

*Use this material for your information only. It does not replace advice from your doctor or other health care professional. Do not use this information for diagnosis or treatment. Ask your health care provider for advice about a specific medical condition.*