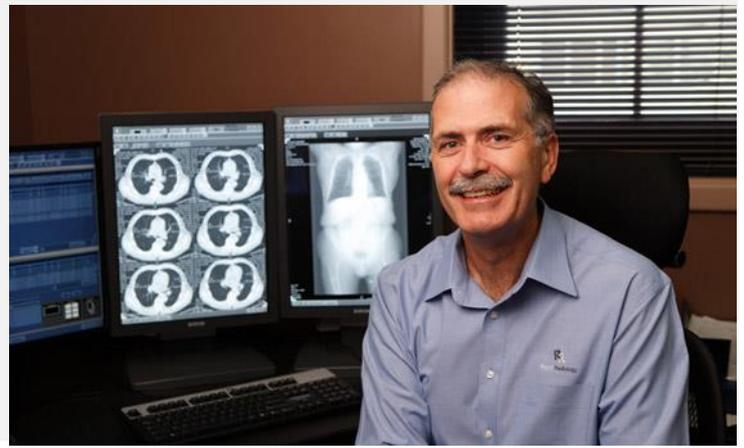


Name: _____

MRN: _____

Appointment Time: _____ AM / PM

Appointment Date: ____ / ____ / ____



BURSAL INJECTION PATIENT INFORMATION

What is a Bursal Injection?

A bursal injection is a procedure whereby a mixture of steroid and local anaesthetic is injected into the bursa under ultrasound control. The injection can relieve symptoms by reducing inflammation in or around the bursa.

Bursal injections are often requested for patients suffering from bursitis, which is the painful inflammation or irritation of a bursa. A bursa is the soft tissue space between two structures which allows for movement.

Is there any preparation involved?

There is no fasting required.

Can I take my medication as normal?

All medications can be taken as normal.

Before your procedure please let the radiographer or sonographer know if you are, or think you may be pregnant.

What will happen during the examination?

A sonographer (person who performs the ultrasound scan) and the radiologist (specialist doctor who performs and reports on the examination) will talk to you about the procedure that you are having and will explain any risks involved.

The sonographer will use ultrasound to scan and assess the bursa. The radiologist, with the assistance of the sonographer will use ultrasound to guide a fine needle into the bursa and inject a mixture of steroid and local aesthetic as requested. This is performed using a sterile technique.

The radiologist will give you instructions after having the injection. Generally it is best to limit use of the injected site for 1-3 days following.

Please Note:

Please bring the following to your appointment:

- Request form (if referral from GP / Specialist)
- Medicare Card
- Any relevant previous x-rays

Obtaining your results:

Your images will be processed and then reported by a Radiologist. A copy of the report will be sent back to the doctor / specialist who referred you for the examination.

You will need to follow up the results of your examination with your referring doctor / specialist.

Repatriation General Hospital

Daws Road, Daw Park, South Australia 5041

Ph: 8275 1906 | F: 8275 1116

www.repatradiology.com.au | repat.radiology@health.sa.gov.au

Opening Hours: Monday—Friday, 8.30am—5pm

BURSAL INJECTION PATIENT INFORMATION

How long will the examination take?

The procedure will usually take about 30 minutes. The injection part of the procedure only takes a few minutes.

Are there any risks?

With any injection there is a very small risk of *infection*. We reduce this risk by using sterile disposable equipment and standard aseptic technique.

There is a very small risk of *allergic reaction* to the steroid and local anaesthetic. Before your procedure you will be asked about any allergies that you may have.

All other risks will be explained to you by the radiologists before the procedure is undertaken.

What happens after the procedure?

You will be encouraged to stay in the department for up to 30 mins following your injection, to ensure you are fully recovered before you leave.

On leaving the department, if you notice any local reaction, tenderness, swelling or soreness of the area injected please contact your referring doctor.

The day after the steroid injection, some patients experience a short term side effect of facial flushing with a warm sensation.

If you are a diabetic you may experience a rise in your Blood Sugar Level (BSL) for a few days after receiving a steroid injection, please monitor these levels carefully and seek advice from your GP if concerned.

When will I notice the effect of the injection?

The *local anaesthetic* generally takes effect immediately after the injection. This will usually last for a few hours. The *steroid* generally takes between two to seven days to take effect, so you may experience a time before the steroid takes effect where you have no relief, and it may be necessary to take some pain relief during this time.

The relief that you experience can vary widely between patients.

Can I drive after the procedure?

Please check with reception staff when making your booking for advice regarding driving home after your injection, as this will depend on the area being injected.

Who can I contact if I am not sure about something?

If you have any questions at all, please do not hesitate to contact our reception staff on **8275 1906** and they will assist with your questions, or direct you to the most appropriate staff member to assist you.

Updated June 2017 (Review June 2020)

Questions?

Please feel free to call us on 82751906 for any questions before or after the procedure and you will be directed to the appropriate health care professional.

Where can I park?

You may park your car on Daws Road, or in the "Clinics" outpatients car park, this is the first entrance on the left off Daws Road. Follow the walkway to Repat Radiology, it is well signposted.

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