**Information and Consent for a Joint Injection**

What is a steroid injection?

Hydrocortisone injections are used to treat swollen or painful joints, such as after an injury or if you have arthritis. The hydrocortisone is injected directly into the painful joint. This is called an intra-articular injection.

The joints most often injected are the shoulder, elbow, knee, hand, wrist or hip.

Hydrocortisone injections are also used to treat painful tendons and bursitis (when a small bag of fluid which cushions a joint gets inflamed). They're sometimes used to treat muscle pain when it's in a particular area.

The injections usually help relieve pain and swelling, and make movement easier.

The benefits can last for several months.

How can I book in a steroid injection?

\*Please fill in the form below with as much information as possible.

\*This form will be given to Dr Beanland or Dr Perks to review.

\*The reception team will get back in touch with you within 7 working days. \*Dr Beanland and Dr Perks may request a face to face appointment first so they can review the injection you would like treated or they may ask for you to be booked in for the next available minor surgery slot.

Top of Form

Name*(Required)*

FirstLast

Date of Birth*(Required)*

Hydrocortisone injections are not suitable for some people. Please tick the box below if you are having any of the following problems*(Required)*

 I have had an allergic reaction to hydrocortisone or any other medicine

 I have had depression or manic depression (bipolar disorder) in the past or one of my close family have had these illnesses

 I have an infection (including an eye infection) or an unhealed wound

 I am trying to get pregnant, or are already pregnant or breastfeeding

 I have recently been in contact with someone with chickenpox, shingles or measles (unless you're sure you are immune to these infections)

 I have recently had, or I'm due to have, a vaccination soon

 I have an unhealed wound

 I have an eye problem called glaucoma

 I have type 1 or type 2 diabetes

 I am on a blood thinner like warfarin or apixaban

Write down the date of your last steroid injection and the joint in which you had this injection.



I can confirm that I have read the leaflet to have a steroid injection in the following joint(s)



Consent- I am aware of the potential side effects and complications of the Joint injections and agree to the procedure.

 The most common side effect is intense pain and swelling in the joint where the injection was given. This usually gets better after a day or two.

 You may also get some bruising where the injection was given. This should go away after a few days.

 Rarely you may get an infection in the joint. If you have intense pain in the joint or any signs of infection you must call us.hese can be signs of an infection

 Rarely you could get signs of confusion, sleepiness or other mental health problems such as hallucinations. if you have any of these symptoms you must call us.

 Rarely you may get signs of diabetes or if you are diabetic your blood sugar may be less well controlled. Please call us if you have any problems

 Rarely you may have swelling or throbbing in your arms or legs, or if you feel breathless or have chest pain – these can be signs of a deep vein thrombosis (DVT) or a blood clot

 Rarely the steroid can worsen your glaucoma if you have any blurred vision you must call us or call your optician for an urgent review.

If you have any further questions please write them down in the space below

Bottom of Form

Signature

Date

Bottom of Form