

## **Ultrasound-guided joint injection**

You are coming for an injection into a joint using an ultrasound scan.

### **What is the purpose of the procedure?**

The purpose of the injection is to relieve inflammation in the area being treated and to reduce swelling and other symptoms.

### **How to prepare for the procedure?**

There are no preparations for the procedure.

### **How is the procedure done?**

The area to be treated before the procedure is checked by ultrasound and skin cleansing and sterile covering is performed. The Radiologist guides and verifies the location of the injection needle using an ultrasound device. The procedure usually takes about 30 minutes.

### **What about after the procedure?**

- After the injection, avoid straining the treated area for two days.
- If the injection is made in the shoulder, do not lift the hand above the horizontal on the day of the procedure, and do not lift objects weighing more than 1 kg.
- The patch should be kept dry for one day.
- The joint area may feel tender after the procedure. If necessary, painkillers can be taken.
- If the area to be treated starts to become red, hot and you get a fever, please contact your health center.

### **Where do you get the results from the procedure?**

The referring outpatient clinic or ward is responsible for communicating the results of the examination and any required follow up to you.