

IMAGING GUIDED JOINT or TENDON INJECTIONS

Patient: _____ Appointment Date: _____

Appointment Time: _____ am/pm

Location: Diagnostic Imaging Department, lower level at Mankato Clinic
1230 East Main Street, Mankato, MN 56001
Please enter the Mankato Clinic front door (marked #50)

Please check in at the Diagnostic Imaging Department.

If you are unable to keep your appointment or have questions, please call (507) 389-8570.

What is an Imaging Guided Joint or Tendon Injection?

This injection is being done for therapeutic reasons, typically for pain relief or to treat inflammation in soft tissues. This will be done using ultrasound (sound waves) and/or fluoroscopy (x-ray) to guide a small needle into the joint/tendon in order to inject a small amount of steroid medication. This procedure has been recommended by your provider based on your clinical symptoms.

How do I prepare for the procedure:

- **If you are taking a prescribed blood thinner, follow instructions you have been given.**
- Please avoid taking any over-the-counter blood thinning medications NOT being prescribed by your provider the day of your procedure (some examples include: Advil, Ibuprofen, Aspirin, and Baby Aspirin).
- **Please alert all staff if you are a DIABETIC, as the steroid injection may temporarily effect your sugar levels.**
- If this is your first injection, we strongly recommend having a driver for after the procedure. If you are having a **hip or SI joint injection**, a driver is **REQUIRED** for after the procedure.
- There are no dietary restrictions for this procedure.
- Allow approximately 60 minutes for your appointment, and arriving late may result in rescheduling your procedure.
- Before your procedure, any prior imaging will be reassessed by the performing radiologist. There is always a small possibility that your procedure may be modified or canceled at the radiologist's discretion. The radiologist would discuss this with you.
- Before scheduling your procedure, please tell your provider if you may be pregnant.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- If you wear a glucose monitor, you will be required to remove it prior to your scan for your own safety. If appropriate, you may request to have your scan scheduled to coordinate with the next replacement date of your monitor.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their imaging appointments. Safety practices limit the number of people in the testing room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better image outcomes.

What will happen during the procedure:

- You may be asked to undress and a gown will be provided, depending on the location of the injection.
- You will be asked to lie on a bed, or sit on a chair during this procedure.
- Area of interest will be assessed by ultrasound/fluoroscopy to determine the best approach.
- Prior to the procedure, the skin is cleansed with antiseptic swabs to remove surface bacteria. A sterile drape or towels will be placed around the area to create a sterile field.
- Radiologist may inject a local anesthetic called lidocaine to numb the area. You may feel a slight sting/pressure with this.
- A fine (thin) needle is then inserted into the joint/tendon. Under fluoroscopy, contrast dye may be injected into the joint space to verify proper location of the needle. Once location is verified, a small dose of steroid medication will be injected.

Instructions for after your procedure:

- A Band-Aid will be applied to the injection site, and may be removed after 2 hours.
- Steroid medications may take up to 1 week to take effect.
- Possible side effects are uncommon, but may include: swelling, bruising, skin irritation/color changes, infection, allergic reaction to the medication, bleeding, weakness in the extremity (arm/leg), facial blushing or tendon rupture.
- 24 hours following, avoid bathing (soaking), strenuous activity, exercise (running, tennis, aerobics), or heavy lifting.
- **Diabetic Patients – Closely monitor your blood sugar levels for 5 days following the injection.**
- Area may be tender or sore for several days following the injection. To help with this discomfort, you may:
 - 1) Take 1-2 tablets of Acetaminophen (Tylenol) every 6 hours
 - 2) Apply an ice pack or wrap
- Duration of effect varies from person to person (from 1 week to several months) so some patients require more injections.