Fact Sheet

Injection Guided by CT or Ultrasound

Introduction
This procedure uses CT or ultrasound to find the correct area where the injection should be given. For example, it can be used to help in finding the joint or soft tissue into which a corticosteroid (steroid type medicine) or local anaesthetic needs to be injected to reduce inflammation and provide pain relief. This procedure is most often used in the shoulder, knee, hip and spine.

A radiologist will perform the examination.

Preparation
Bring diagnostic scans to assist with locating the treatment area.

Bring a driver to take you home after examination, as you will not be allowed to drive home yourself.

On arrival, you are required to complete a consent form.

Depending on the type of examination you are having you may need some preparation. For some scans you will be asked to change into a gown.

It is important that you tell your own doctor and staff at the radiology facility where you are having the CT if there is any chance you might be pregnant. This is important information, as it will make a difference in the way the CT is carried out or a different test altogether might be required. Your safety and that of your unborn child is the number one priority.

You may also be asked to remove your pins, chains or other items of jewellery before the examination, as these can sometimes interfere with examination.

Although many injections are painless, a local anaesthetic may be given if needed. The whole test should take 10 to 40 minutes, depending on the area being injected.

If local anaesthetic is given, you will feel numbness in the area for up to 2 hours. This will affect your mobility.

Results
A radiologist (a specialist doctor) looks at the images and sends the results to your treating doctor. You need to discuss the results with your treating doctor.

Risks
There are no known risks with the use of ultrasound. There is a small risk of infection due to the open wound. The procedure can be repeated but no more than three or four times a year to avoid damage to the joints. This will be discussed with you if needed.

More Information
InsideRadiology by the Royal Australian and New Zealand College of Radiologists: www.insideradiology.com.au

RadiologyInfo by the American College of Radiology and Radiological Society of North America: www.radiologyinfo.org

The Australian Radiation Protection and Nuclear Safety Agency: www.arpansa.gov.au

The Alliance for Radiation Safety in Pediatric Imaging: www.imagegently.org

ACI Radiology Network: www.aci.health.nsw.gov.au