

Steroid injections and your steroid passport - a record of steroid injections

Pain Management

Information for Patients

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Steroid injections

Steroids can be injected into the joints, muscles or near the nerves to help with pain relief. If we inject steroids very often, it can cause side-effects. We advise that you only have steroid injections with a gap of at least 4 months. You should have no more than 3 injections in a year.

Side-effects of steroids

Steroids are powerful medicines. They can sometimes cause side effects. You need to balance the risks with the benefit of long-term pain relief. Higher and repeated doses can lead to more problems.

Side-effects of repeated injections of steroid include:

- Weakening of bones
- Less able to fight infections
- Higher blood sugar levels. You need to keep this in mind if you are diabetic
- Change in hormone balance
- Thinning of skin, facial flushing, changes in mood
- Increase in appetite and weight gain, stomach irritation
- Weakening of muscles, fat deposits in the injected area
- Cataracts in eye

It is difficult to quantify the risk. Our service tends to give at least 6 months gap between steroid injections. You should be aware of the possibility but these risks are rare.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Important information before having the procedure

You must let us know if you

- are taking any blood thinning medicines (warfarin, clopidogrel, apixaban, dabigatran, prasugrel, dipyridamol) when you are due to have the injections in the clinic. This will affect how and when your procedure is done
- think you are pregnant
- have an infection at the site
- are diabetic.
- have **epilepsy or Parkinson's disease** (It is very important to keep on taking the medicines for these if you are on them)
- have a **pacemaker**

Record of all steroid injections

Please keep this passport safe. Ask your doctor to fill it in every time you have a steroid injection. You must carry this passport with you every time you have an injection.

NO	Date of injection	Type of steroid	Site of injection	Dose in milligrams
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

NO	Date of injection	Type of steroid	Site of injection	Dose in milligrams
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				



When should I get medical help urgently after the steroid injection?

Contact your GP or get medical help if you have any of the following:

- fever more than 38.5 degrees Celsius,
- shortness of breath, or
- a sign of infection at the needle site (red, warm, tender, swollen, drainage).

If you cannot get hold of your GP then please go to the nearest Emergency Department.

Follow up

A clinical nurse specialist will phone you about 6 months after your steroid injection.

If there is any more information you need, please ask your pain doctor or nurse.

Important Information

You must fill this booklet in whenever you have a steroid injection from **any** clinician.

We need to know about **all** the steroid injections you get from **all** clinicians.

Contact details

Pain administrative team: 0116 258 4471 or 258 8253

Monday to Friday 9am to 4pm. There is an answerphone. We will call you back within 48 hours if you leave a message.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk