

# Information about Your Ultrasound Guided Pain Relief Injection



**Name:** \_\_\_\_\_

**Who to contact and how:** \_\_\_\_\_

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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03033 306999  
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Hospital**  
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# Information for patients

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## Introduction

We have received a request from your doctor for you to have an ultrasound guided pain relief injection.

This leaflet is designed to give you some information about the procedure, to help you prepare for your examination and to give you some idea of what to expect when you attend.

## What is an Ultrasound guided pain relief injection?

This procedure uses ultrasound to direct an injection of pain relief in the area affected by pain.

## What does the examination involve?

You will be asked to sit or lie on the ultrasound couch and expose the area of interest.

Ultrasound gel will be applied to the skin and the ultrasound probe will be used to identify the best route for the pain relief injection. The Radiologist will then inject into the area identified.

The area of pain relief injection will be cleaned before the procedure.

The ultrasound gel will then be wiped off the skin.

The area is covered by a small dressing.

## Your questions answered:

### How long does it take?

Once you are in the room the examination will take at least 20-30 minutes, sometimes longer depending on the area to be examined.

### What happens if I am on medication?

Please contact your referring doctor if you are unsure about medication you are taking.

### Aftercare

You will be required to stay within the ultrasound department for 15-20 minutes after the procedure to ensure that no reaction occurs.

### Should I bring somebody with me?

You will not be able to drive following the procedure so it is advised you bring someone with you to transport you home.

**Please note:** we have a limited waiting area, so if you bring more than one person they may not be able to sit with you.

### When do I get the results?

The results will be available from the referring doctor within 1 week.

# Information for patients

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## How can you help us?

If you are unable to attend for whatever reason, please inform the department so that your appointment can be offered to another patient.

If you are admitted into hospital please inform the ward staff of this appointment.

## Additional Information:

If you have any concerns regarding the procedure, or queries regarding appointments, please contact the Ultrasound Department at the relevant hospital:

Scunthorpe/ Goole: 03033 304648

Grimsby: 03033 302933

## Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact [nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

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