

## BURSAL- JOINT INJECTION

### Appointment

Date:

Time:

Patient Preparation:

Time For Examination:

### Please Bring:

Referral

Previous imaging

### Locations:

Gold Coast Radiology,  
Suite 1 & 2 Harbour Point  
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Hope Island, QLD 4212

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**Undercover parking is available.**

Your Doctor has requested an injection into the bursa of a painful joint, or an area that is inflamed.

Most patients have already had previous imaging of the affected area, either previous ultrasound or MRI that has diagnosed the cause for pain. If you haven't this will need to be done to ascertain that the injection is the appropriate treatment for your symptoms.

For the procedure you will be asked to lie down in a position so the body part being injected is accessible. An initial scan of the area is done to locate the correct place to be injected. Questions re blood thinning medication or allergies will be asked and you will be required to sign a consent form.

Next a small tray is set up for the injection. The skin around the injection site is cleaned and the Radiology Doctor will use the ultrasound image to guide the needle to the correct spot. A mixture of a long lasting anaesthetic and a steroid is injected, via a very fine needle. Once the needle is removed a small bandaid is put over the injection site. The injection is not normally painful but may be uncomfortable.

Possible minor side effects are bruising and much less commonly infection at site of needle entry.

If pain after the injection is a concern paracetamol may be taken (*not aspirin*) It is not uncommon for symptoms to be a little worse before the steroid component of the injection takes effect and you feel better.