

Examinations Available

General Ultrasound

Abdomen, Renal, Breast, Thyroid,
Testes

Obstetric & Gynaecological

First, Second & Third Trimester,
First Trimester Screening, (NT
Down Syndrome Screening), Pelvic

Musculoskeletal

Shoulder, Groin, Hip, Ankle etc
(Cortisone injections)

Vascular

Deep Vein Thrombosis, Arterial
Studies, Renovascular, Carotid
Duplex, Abdominal Aorta

Echocardiography

Adult & Paediatric

Appointment Times

8.30 am—5.00 pm
Monday to Friday

Appointments can be made during
office hours which are:

9.00 am to 5.00 pm
Monday to Friday

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Cortisone injection Patient Information



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What are cortisone injections?

Your doctor has requested that you have a cortisone injection. Cortisone is commonly used in the treatment of musculoskeletal disorders to suppress inflammation and/or reduce tissue swelling.

How is the injection given?

Injections are performed under imaging guidance using Ultrasound. This allows placement of a small dose of steroid into the desired location.

The doctor administering the injection draws up the corticosteroid into a syringe. A local anaesthetic (such as Xylocaine) is simultaneously drawn into the syringe. Next, the area to be injected is selected. The skin over the area to be injected is sterilized with an alcohol swab.

The needle of the syringe is then inserted into the target area and the solution is ejected from the syringe into the area of inflammation. The needle is then withdrawn, and a sterile dressing is applied to the injection site.

What is Ultrasound?

An ultrasound image is produced by the reflection of sound waves. Sound waves are sent into the body via a transducer, (probe) which is a small hand-held device placed on the relevant body part by the sonographer.

A moving black and white image appears on the ultrasound screen, (similar to a television screen) allowing the sonographer to examine different body parts.

Is Ultrasound Safe?

There are no known harmful effects associated with the medical use of sonography. Widespread clinical use of diagnostic ultrasound for many years has not revealed any harmful effects.

Who Will Perform the Examination?

The procedure is carried out by Dr. Vlasic (a sonographer and doctor trained in performing and reading ultrasounds).

Preparation

There is no preparation required for this particular examination.

Will I benefit from the injection?

The exact level of response cannot be reliably predicted prior to injection, and the doctor will discuss this issue with you. For some patients the relief is dramatic and long lasting, while for others the benefit is only modest or short-lived, and for a minority there is no benefit at all.

Will it be painful?

The pain is generally minimal and a large majority of patients manage the procedure without any significant discomfort. Occasionally, cortisone injections of joints that have degenerated (become damaged) can be associated with temporary, minor pain at the time of the injection. This is not generally expected.

What are the risks/complications?

Cortisone injections are an extremely safe procedure. Short-term side effects are uncommon. The most common side effect is a transient increase in pain at the injection site before the cortisone takes effect. These 'flares' do not occur in all patients

and mostly happen in the first 4-48 hours after injection. Treatment involves simple analgesic measures (e.g. Panadol, cold packs).

Insulin dependent diabetic patients may notice a significant rise in blood sugar for up to 10 days after injection. If you increase your dose of insulin be careful not to create a hypoglycaemic episode when the circulating sugar levels revert to normal. Please consult your diabetic/managing doctor if concerned.

Infection is a rare but potentially serious complication. Current literature shows a 1/10,000 to 70,000 risk. Increased risk factors are elderly, immuno-compromised and diabetic patients. If you experience fever, localised heat, swelling or increasing pain at the injection site more than 48 hours after injection, you should consult your doctor.

Examination & Reporting time

The examination and injection usually take between 15 to 30 minutes. An ultrasound report is generally issued approximately 5 minutes after the procedure.

We strongly advise that you return to your referring doctor in order for your doctor to discuss your ultrasound report with you.