

## **INFORMATION SHEET FOR RHEUMATOLOGICAL PROCEDURE CONSENT**

This letter summarises the information you will need to know in relation to rheumatological procedures offered by QPRS (Dr Navid Adib).

If there are any other matters you may think relevant or important please discuss them before signing the consent form.

**Please only sign the consent form after you are satisfied you know enough about the procedure, and its possible health effects.**

### **Types of procedures**

Most of the procedures are done to facilitate injection of long-acting steroid medications into the area of concern, usually into a joint, or less commonly near a tendon or soft tissue insertion (for example plantar fascia). The joint procedures usually involve a painful manipulation of the joint (Manipulation Under Anaesthesia-MUA) and/or deep injection into the joint. Very often low dose x-rays are used for accurate positioning of the needle and outlining the inner surface of the joint (Arthrogram) by injecting small amount of contrast agents-Ultravist 300, or Isovue 300 diluted to ½ strength. The soft tissue injections are usually guided by ultrasound. As all of these cause significant pain and distress to the patient they are done under general anaesthesia (GA).

### **Possible side effects**

The aim of injecting the area with steroids is to reduce inflammation and pain, and improve using the area. Whilst the intention is to keep the steroid dose to a minimum and inject the medication into the joint, in practice some of the steroid finds its way into the blood circulation and causes side effects such as:

- Flushing face, head aches, feeling light headed
- Increased appetite and weight gain, fluid retention,
- Passing urine frequently, bladder irritation, bed wetting
- Reduced ability to sleep
- Behavioural change, irritable mood
- Skin changes like pimples, excessive hair growth, light colour at the injection site
- Tendon rupture; a rare complication which may be seen when the tendon has been inflamed for a long time. This may require surgical correction.

### **After the procedure**

It is usually recommended that you keep the dressings on for at least 24H and not use the area (e.g. minimal weight bearing if lower limbs, or minimal lifting if upper limb) for 2 days. Swimming is generally a good mobilising activity in the first week. Physiotherapy is usually recommended after one week. Sport participation is allowed after a couple of weeks, unless recommended against for longer periods of time during your consultation. In most cases follow up at the clinic 2 months after the procedure is recommended.

**Signing the consent form indicates that you have read the above and are satisfied with your understanding.**

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