**Steroid Injection Consent Form:**

**What are steroid injections used for?**

* Steroid injections allow delivery of potent anti-inflammatory medication directly to the affected area.
* This involves a small brief needle injection of steroid into the joint or in the surrounding area.
* They can provide medium to long-term relief from pain and aid recovery, but it is advisable to participate in physical therapy in conjunction to aid rehabilitation of the affected joint or limb.

**Is there anything I need to bring prior to my appointment?**

* Please wear a top, vest or bottoms that is easy to remove and expose the affected joint about to be injected.

**What should I expect after a steroid injection?**

* Please rest the affected joint for at least 24-48hrs.
* Avoid heavy lifting or strenuous exercise for the first 2 weeks initially then to gradually increase mobilisation of the joint thereafter.

**Potential side–effects?**

* Some patients can experience mild worsening of pain within first 24 -48 hours after injection.
* At the injection site, some experience local skin colour changes, injury to local nerves, tendon weakening or rupture, thinning of the bone, soft tissue loss (atrophy),
* Infection of the joint is rare but increased swelling, pain of the injected joint together with flu like symptoms might suggest this. Please review back urgently if this is the case.
* A slight rise in sugar levels if you known to be diabetic.

**How long does the effect lasts for?**

* The pain relief of depo-medrone (methylprednisolone) can last for 2-6 months.

Please sign here if you consent to the procedure after reading this.

Signature:…………………………………… Date:…………………