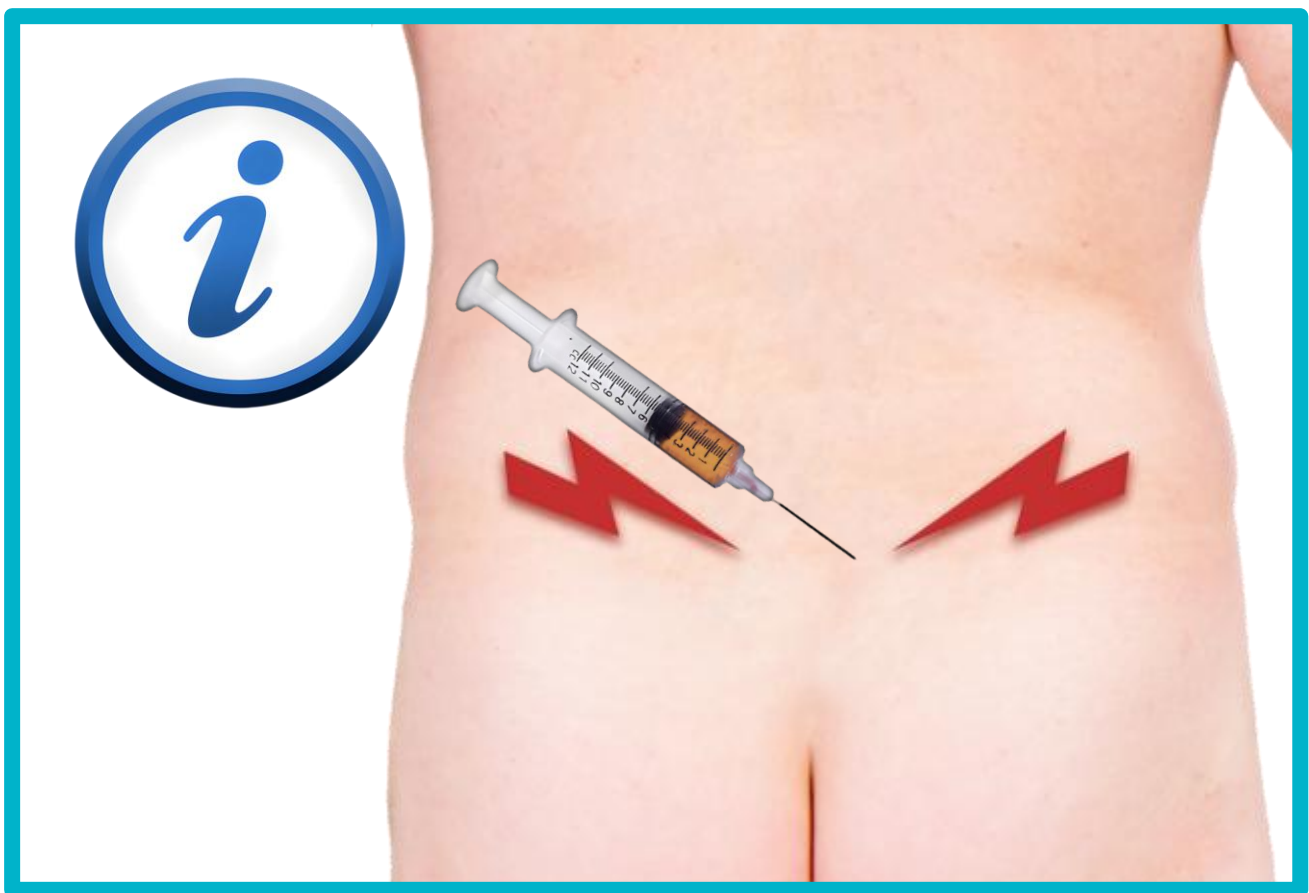


# Steroid Injection for sciatica nerve pain



**Learn about**

- ✓ **steroid injections**
- ✓ **and how to get ready for one.**

# What is a steroid injection?



Steroid injections may help make swelling and pain less.

It may start to work after 4–5 days  
It may help for 6–12 months.



The injection is usually given in your lower back. This may be different from where you feel the pain.



The injection can take up to 40 minutes.



The injection

- ✓ helps with pain
- ✓ can help you to start moving again so you can get better.

# How safe is the injection?



Steroid injections are very safe for most people.

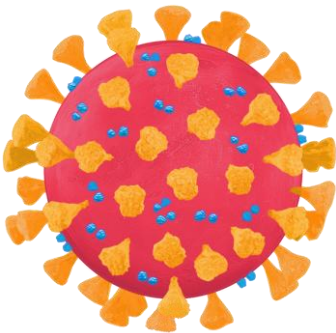
It should not be painful.



The test uses a small amount of X-rays.

Staff will make sure the X-ray is as safe as possible.

## Side effects you might have



- **Infection**

**Infection** is when germs get into your body and make you ill.



- Pain may get worse for 1–2 days after injection.

Pain may get worse.  
This is very unlikely.



- More likely to get poorly for about 2 weeks.



- **Allergic reaction.**

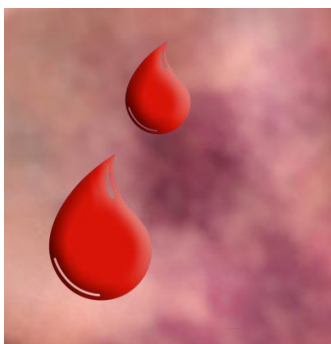
**Allergic reaction** is when your body reacts badly to something, like food, medicine, or dust.



- Red or hot face for up to 3 days.



- Small skin changes where you had the injection.



- Bruising or bleeding where you had the injection.



Bleeding from your vagina or period changes.



Blood sugar changes.



Injection may not work.  
Pain may not get better.

# Can I have a different treatment?



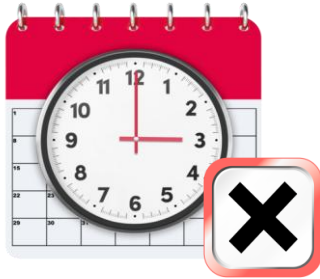
Your doctor or health worker decided that a steroid injection is the best treatment for you.



Ask your doctor if you want to know about other treatments you could have instead.

Please tell us before your appointment if you do not want a steroid injection.

# Before your appointment



Tell us if you can not come to your appointment

We can find you a better date and time for you.



Organise a lift home from hospital.  
Do not drive.



Tell us if you use a wheelchair or find it hard to stand and move around.



Tell us if you might be pregnant, are pregnant or breastfeeding.



Tell us if you take blood-thinning medicines.

For example  
Warfarin, clopidogrel, apixaban



Tell us if you are unwell or taking antibiotics.

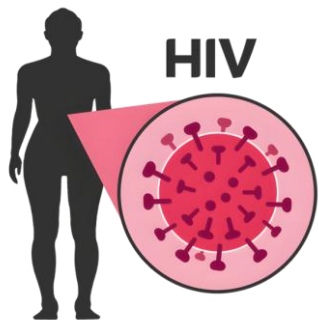


Tell us if you have very bad allergies.



Tell us if you have a vaccination planned soon.

A **vaccination** is an injection that gives your body protection from disease.



Tell us if you have HIV.

**HIV** is a virus that attacks the body and makes it harder to fight illness.



If you have any questions you can

- ✓ call the phone number on your appointment letter or
- ✓ ask us on the day of your test.

# What happens on the day?



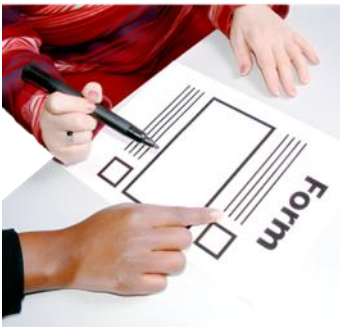
Go to the hospital radiology department 15 minutes before your appointment.

Staff will check your name and details.

A staff member will call you from the waiting area.



You can ask to have someone with you while you have the steroid injection.



Please tell staff if you

- ✓ are pregnant
- ✓ might be pregnant
- ✓ have any allergies

We might ask you to sign a form to show you have told us you are not pregnant.



You will go to a changing room.

You may be asked to take off clothes and anything metal.

You will be given a hospital gown to wear.

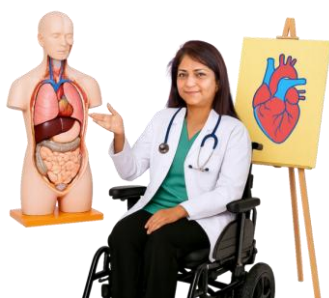
# Giving your consent



You will be asked if you are happy to have the steroid injection.

This is called your **consent**.

You can say yes or no.



Sometimes you will be asked if students can watch your steroid injection.

You can say yes or no to this.



You can ask questions at any time.

# What happens during the injection?



A special doctor or trained person will explain what they are going to do.



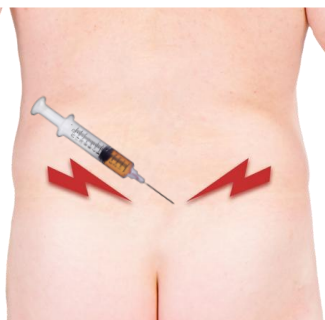
We will clean the skin where you will get your steroid injection.



We give you an injection to numb the area around where you get your steroid injection.

It will work for 8 – 12 hours.

This will help stop you feeling pain.



The X-ray will help us place the needle in the right spot for the steroid injection.

# What happens after the injection?



Do not drive for 12 hours.



Do light activity for 2 days.

Light activity means gentle movement like

- ✓ walking slowly
- ✓ making tea or
- ✓ light housework.



Do not bath or swim for 1 week.  
You may shower.



Go to the Emergency Department (ED) if  
your joint becomes

- ✓ hot and red
- ✓ painful,
- ✓ badly bruised.

# Getting your report



A doctor will write a report after your test.

The report is sent to the doctor who sent you to get the steroid injection.



Contact the appointment team if you

- ✓ are waiting for a follow-up
- ✓ hear nothing after a few weeks.

# Contact Us



If you have any questions you can

- ✓ call the phone number on your appointment letter or
- ✓ call 028 950 42869 or
- ✓ ask us on the day of your test.

# What happens to your X-rays?



Your x-ray pictures are saved on a computer.

Only your care team can see them.

This helps doctors share the right information safely.



We might use your x-ray to train staff or check how well we work.

No one will know they are your x-rays.

Tell a member of staff if you do not want this to happen.



We will ask you first if we want to use your x-rays for research.

## Care Opinion



Share your health and social care experience at

- [www.careopinion.org.uk](http://www.careopinion.org.uk)
- or by scanning the QR code.

# Feedback

Tell us what you think about your x-ray experience.

Use the contact information below.



## Telephone

028 9504 8000

(Monday-Friday, 9am-4pm)



## Textphone

18001 028 950 48000



## Email

compliments@belfasttrust.hscni.net

complaints@belfasttrust.hscni.net



## Online

[www.belfasttrust.hscni.net/contact/Feedback Form.htm](http://www.belfasttrust.hscni.net/contact/FeedbackForm.htm)

# Help with communication



Do you need a Sign Language interpreter?

Do you need this leaflet in another form or language?

For example

- ✓ Braille
- ✓ Large print
- ✓ Audio or CD
- ✓ Another language



## Call

028 9615 8900

Or SignVideo



## Email

[MPHAdminFOH@belfasttrust.hscni.net](mailto:MPHAdminFOH@belfasttrust.hscni.net)