

INFORMATION AND PREPARATION SHEET ULTRASOUND GUIDED ASPIRATION

A guide to Ultrasound Guided Aspiration

This information leaflet will explain what an ultrasound guided aspiration is and why you have been sent for this scan. Please read this leaflet carefully. If you have any questions or concerns not answered by this leaflet, please contact the Ultrasound Imaging Department (details at the end of this leaflet).

What is an ultrasound scan?

An ultrasound examination obtains pictures of the inside of the body without the use of x-rays. It involves high frequency sound waves passing through the body and being reflected as echoes from structures inside the body. These echoes are displayed as images on a screen from which a diagnosis can be made. In order to obtain the pictures, some gel will be applied to your skin surface and a probe is placed in contact with the gel, and moved over the affected area.

What is an Ultrasound Guided Aspiration and why is it performed?

An aspiration is the removal of fluid from a specific area (e.g. joint or lump). An ultrasound scan helps to locate the fluid and is used as a guide to show where to insert a needle to access the fluid.

An aspiration is sometimes performed to help diagnose what the fluid is so you can be treated appropriately. It can also be carried out to help alleviate pain caused by the collection of fluid.

Who carries out the imaging?

A radiologist will perform the scan and aspiration.

Is any preparation required?

No specific preparation is required, except if you are taking any blood thinning agents.

If you are taking an anticoagulant/blood thinning medicine such as Plavix, Warfarin or an anticoagulant other than Aspirin, you must contact the radiology secretary on 028 961 58900.

If you have already received instruction from your doctor to stop taking your blood thinning medication, please follow their instructions.

You must have someone with you that can drive you home after your appointment

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It is essential that you arrive in plenty of time for your appointment

What are the benefits of having an ultrasound exam?

Ultrasound captures images of the organs and tissue that do not show up well on x-rays. You are not exposed to ionising radiation.

What are the risks?

Prior to the aspiration, the radiologist performing the procedure will explain everything that is going to happen, including the potential risks. The risks are small and include some bleeding or bruising within the area of the needle aspiration and, less likely, the possibility of infection. The radiologist will make sure that you consent and are happy to proceed with the aspiration before continuing.

Will I feel any pain?

The procedure may be a little uncomfortable. The radiologists will give you some local anaesthetic to help numb the area. The procedure is usually completed in less than 30 minutes.

Are there any alternatives?

Your referrer has decided that an ultrasound guided aspiration would be the most useful in your case. The examination will help your referrer to assess you more fully and plan any further treatment that might be necessary. If you would like more information about alternative imaging tests, please speak to the doctor or health care professional managing your care.

Asking for your consent

The radiologist will ask you if you are happy for the scan to go ahead and will explain the procedure and any potential risks. Then you will be asked to sign a consent form. If you do not wish to have the scan or are undecided, please tell the radiologist.

A chaperone will present during your scan. Students/trainees may be present during the examination but only with your verbal consent.

Please remember that you can ask the radiologist any questions you have at any time before, during or after your scan.

What happens during an ultrasound guided aspiration?

- The area to be aspirated will need to be exposed, this may require you to change into a gown.
- Depending on where the joint/lump is, you may be asked to lie or sit on the couch.
- The skin of the relevant area will be cleaned with a sterile wipe or sponge.

- Some gel will be applied to the skin and the ultrasound probe will be placed in contact with the gel to take some images.
- The ultrasound images will then be used to guide a needle into the area so that some fluid can be removed.
- The number of staff present in the scanning room will be kept to a minimum during your procedure.
- The entire examination should take approximately 40 minutes to complete.

What happens after your ultrasound exam?

Once the procedure is finished and you are feeling well you will be able to return home. You should have someone with you on the day that can drive you home. If you are an inpatient, you will return to your ward.

Some mild swelling or discomfort may occur at the aspiration site and, if necessary, you can take simple analgesia for this, such as paracetamol. An icepack to the area may also give symptomatic relief and reduce swelling. Keep the dressing dry for the next 24-48hrs, after which it can be removed. Very rarely, more severe pain, swelling or redness to the area may occur and you should contact your GP for further advice.

If you had been taking blood thinning medication and stopped it for the procedure, please recommence it as per instructions from your referring clinician.

When will I get the ultrasound exam results?

Sometimes, the samples taken during the procedure are sent to the laboratory for analysis and the results will take up to 2 weeks. This result is then sent to the doctor that referred you for the aspiration. They will convey the result to you via telephone, letter or face to face at a clinic appointment.

Image sharing

Your images will be electronically stored on the hospital picture archiving system. This data can be accessed throughout the Belfast Health and Social Care Trust and other doctors and health care professionals who are directly involved in your care. The ability to share images and radiological reports will improve the safety and quality of your care by ensuring that the right information is available in the right place at the right time.

In order to improve the medical services we provide we may also use your data as anonymously as possible for internal audit and medical education. If you would prefer that your data is not used for these purposes, please inform a member of staff when you attend for your examination.

If your data is to be used for research, then a separate consent process will be used. You will be asked for your consent, should this be the case.

Contact us

If you have any queries, we will be happy to answer any questions on the day of your ultrasound scan or you can contact us on the numbers below:

Musgrave Park Hospital: 028 961 58900

Royal Victoria Hospital: 028 961 50971

Feedback

We hope you found the information in this leaflet helpful. If it did not tell you what you needed to know or you would like to provide any feedback on your experience please let us know so that we can make any necessary improvements.

You can provide feedback on your experience:

Telephone: **028 9504 8000** (Monday-Friday: 9am-4pm)

Textphone: **18001 028 950 48000**

By email: compliments@belfasttrust.hscni.net

By email: complaints@belfasttrust.hscni.net

By completing an online form:

<http://www.belfasttrust.hscni.net/contact/FeedbackForm.htm>

Care Opinion



We invite you to share your experience by clicking the following link:

<https://www.careopinion.org.uk/>

or by scanning the following QR code on your smartphone or tablet:



Language and accessible support services -

Deaf/Hard of Hearing

If a Sign Language interpreter is required, please either telephone **028 9615 8900** via the Sign Video remote interpreting service (<https://signvideo.co.uk/deaf-community/>) or email us at MPHAdminFOH@belfasttrust.hscni.net and we will arrange one for your appointment. Please have your H&C number ready when calling or include it in your email. This can be found at the top right corner of any Health and Social Care letters you may have received.

If you are unable to hear on the phone and need to contact us with regards to your appointment you can email us at MPHAdminFOH@belfasttrust.hscni.net.

Do you need this information in another format or language?

The Trust has access to interpreting and translation services. If you need this information in another language or format, including Braille, large print, CD, audio tape please contact the telephone number **028 9615 8900** or e-mail address **MPHAdminFOH@belfasttrust.hscni.net**, and we will do our best to meet your needs.

Polish - Czy potrzebujesz tych informacji w innym formacie lub języku?

Fundusz ma dostęp do usług w zakresie tłumaczeń ustnych i pisemnych. Jeśli potrzebujesz tych informacji w innym języku lub formacie, w tym w piśmie Braille'a, dużym druku, na płycie CD, kasecie magnetofonowej, skontaktuj się z nami pod numerem telefonu lub adresem e-mail **028 9615 8900 / MPHAdminFOH@belfasttrust.hscni.net**, a my dołożymy wszelkich starań, aby spełnić Twoje potrzeby.

Arabic - هل تحتاج هذه المعلومات بصيغة أو بلغة أخرى؟

تستطيع الجمعية توفير خدمات الترجمة الفورية والتحريرية. إذا احتجت هذه المعلومات بلغة أو بصيغة أخرى، بما فيها صيغة برايل Braille أو صيغة بالأحرف الكبيرة، أو في سي دي CD أو في شريط مسموع، يُرجى الاتصال برقم التليفون أو عبر البريد الإلكتروني **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**، وسوف نبذل قصارى جهدنا في تلبية احتياجاتك.

Lithuanian - Ar jums reikia šios informacijos kitu formatu ar kalba?

Tarnyba gali suteikti vertimo žodžiu ir raštu paslaugas. Jei reikia šios informacijos kita kalba ar formatu, įskaitant Brailio raštą, didelį šriftą, kompaktinį diską, garso įrašą, skambinkite telefonu arba susisiekite el. paštu **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900** ir mes padarysime viską, kad patenkindume jūsų poreikius.

Romanian - Aveți nevoie de aceste informații într-un alt format sau altă limbă?

Trustul are acces la servicii de interpretariat și traducere. Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un alt format, inclusiv Braille, tipărire cu caractere de mari dimensiuni, CD, înregistrare audio, atunci vă rugăm să ne contactați la numărul de telefon sau la adresa de e-mail **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**, iar noi vom face tot posibilul pentru satisfacerea necesităților dumneavoastră.

Tetum - Ita presiza atu informasaun ida ne'e iha formatu ka lian seluk ka lae?

Fidusiáriu ida ne'e iha asesu ba servisu durubasa no tradusaun. Se Ita presiza informasaun ida ne'e iha lian ka formatu seluk, inklui letra Braille, letra boot, CD, kasete audio, entaun favór telefone númeru ka enderesu e-mail **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**, no ami sei halo esforsu tomak atu kumpre Ita-nia nesesidade sira.