

Taking consent from a patient undergoing joint and soft tissue injections

Please see Trust Guideline for the management of steroid injections in adult patients with joint and soft tissue injections [Trustdocs Id: 8272](#)

Prior to commencement, ensure no history of drug allergies and that no anticoagulants are prescribed. Take verbal consent (see below) and record this in the medical record. Verbal consent should cover:

1. Pain
2. Worsening of symptoms e.g. in carpal tunnel syndrome
3. Infection (<0.001%)
4. Fat atrophy or hypopigmentation
5. Post injection steroid flare for 24-48 hours (10%)
6. Tendon rupture (0.1%)
7. Transient blood sugar elevation in patients with diabetes
8. May not work
9. Risk of bleeding, especially if on anticoagulants
10. Flushing (40%)
11. Uncertainty of the potential consequences with Covid 19 infection shortly after steroid injections
12. Potential for Addisonian symptoms after steroid injections

Post procedure advice should cover duration of rest which includes limiting weight bearing for lower limb joints for 24 hours.

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