

# CT guided injections



## About CT guided injections

CT (Computed Tomography) uses X-rays and a computer to create detailed images of the inside of the body. For CT guided injections we use the CT pictures to direct an injection into the area which is suspected to be the source of your pain. CT guided injections are performed at Fortius Clinic London.

### What are the benefits of having this procedure?

These injections help reduce the pain associated with the compression or aggravation of nerves commonly in your neck, legs or back.

## Preparing for your CT guided injection

If you are taking antiplatelet medications (for example Aspirin or Clopidogrel) or any medications that thin the blood (for example Warfarin or Rivaroxaban), please let your referrer, consultant or GP know as these may need to be temporarily stopped before the procedure.

Your procedure may have to be postponed if these medications are not stopped in a clinically safe way beforehand.

If you are taking antibiotics, or have taken them within two weeks of your appointment, please let your consultant know as soon as possible. If you think there is a possibility you could be pregnant, please get in touch with our team. CT scans are not recommended during pregnancy unless it is an emergency.

## What to expect on the day

### Before your CT guided injection

When you arrive you will be asked to put on a hospital gown. The consultant performing the procedure will review your consent form and will explain the process and address any concerns you may have. You will be asked to sign confirming you understand what the procedure involves and agree to have the injection.

### During your CT guided injection

You will be asked to lie on the table. The position will depend on where you are having your injection. It is important to keep as still as possible. Please let the radiographer know if there is anything which could affect your ability to stay still or that they can do to make you more comfortable.

To determine the specific location for the injection, a marker is applied to the skin and a planning scan is performed. The specific injection site is then indicated with a further mark.

You will be given a local anaesthetic at the injection site. Using CT guidance, the consultant will insert a needle into the precise area to be injected. A combination of an anaesthetic and an anti-inflammatory drug is then administered into the affected area.

The procedure usually lasts between 20-40 minutes, depending on the number of injections. After your injection, we will ask you to wait at the hospital for 30 minutes so we can make sure you are comfortable enough to go home.

## After your CT guided injection

You may experience a sudden disappearance or marked reduction in pain following the injection. This is due to the local anaesthetic and will only last for a few hours.

You might notice your symptoms get worse when the local anaesthetic wears off. This is because the needle may have produced some bruising in addition to the steroid's initial irritant effects. This can last for a few days.

When the steroid starts to work 3-5 days following the procedure most patients feel less discomfort. If a flare-up brought on by the injection lasts longer than this, anti-inflammatory medication like Ibuprofen can help ease any pain. As soon as you feel ready, you can go back to your normal routine unless advised otherwise.

You can not drive for 24 hours following your injection as you may experience numbness or tingling on the affected side for up to 12 hours after the procedure.

Despite being rare, potential risks could be:

- Bleeding after the injection
- Infection around the injection site
- If the fluid sac surrounding the nerves is ruptured, you may get a headache for a few days
- Spinal cord damage (extremely rare)

Please seek medical advice if you have any symptoms.

## Reporting and results

We offer a state-of-the-art picture archiving communications system (PACS) which enables radiologists and consultants, both at Fortius and elsewhere, to access your images. A report from your examination will be available on PACS and sent to your referrer or consultant. All patient information is protected and stored using the strictest security measures. If you have left the clinic and would like a copy of your images, please complete a CD request form or an electronic transfer request form available on our website and email it to [pacsadmin@fortiusclinic.com](mailto:pacsadmin@fortiusclinic.com).

If you have any questions about receiving your results or next steps, please speak to our Reception or Appointments teams, your referrer or your consultant's secretary.

## FAQs

### Can I have a CT guided injection while pregnant?

If you are between 12 and 55 years old, you may be asked if there is a possibility that you could be pregnant. If you are, or think you may be, please let your consultant or referrer and radiographer know. In some circumstances we may have to delay your CT guided injection, depending on the risk versus benefit of the examination.

### What are the radiation risks?

CT uses X-rays which are ionising radiation. There is a potential risk when exposed to ionising radiation.

In line with IRMER (Ionising Radiation Medical Imaging

Regulations) 2017 we follow the ALARP (As Low As Reasonably Practicable) principle. All examinations are justified to ensure the benefit of an accurate diagnosis outweighs the small risk of using ionising radiation. We are confident that we use the lowest amount of radiation possible.

There is further information about radiation risk on our website or in our imaging department. If you have any concerns, please speak to your radiographer, referrer or consultant.

### **Are there any alternatives?**

Your doctor has recommended a CT guided nerve block injection as the best option for you. The alternative is a fluoroscopy (X-ray) guided nerve block injection. Your consultant will have chosen a CT guided injection based on various medical factors.

If you have any concerns or queries regarding this please speak to your consultant.

## **Contact information**

### **Appointments, billing and imaging enquiries**

Switchboard

0203 195 2442

[imaging@fortiusclinic.com](mailto:imaging@fortiusclinic.com)

### **CT safety**

Radiology administrator

0203 805 4776

[fclradiographer@fortiusclinic.com](mailto:fclradiographer@fortiusclinic.com)

### **Post injection advice**

0203 195 2458 or 0203 617 6317

[opnurses@fortiusclinic.com](mailto:opnurses@fortiusclinic.com)

### **Copies of images and electronic transfers**

Radiology administrator

0203 805 4776 or 0203 831 3580

[pacsadmin@fortiusclinic.com](mailto:pacsadmin@fortiusclinic.com)

For more information visit our website



If you require urgent medical attention or advice out of clinic hours, please visit your local A&E

**Fortius Clinic London**

66 Wigmore Street, London W1U 2SB

**Fortius Clinic City**

75 King William Street, London EC4N 7BE

**Fortius Clinic Marylebone**

17 Fitzhardinge Street, London W1H 6EQ

**Fortius Clinic Wimbledon**

22 Worple Road, Wimbledon SW19 4DD

**Clinic opening times**

Monday to Friday 8am-8pm (open later some evenings)

Saturday 8am-1pm (not all sites)