



CT Scanning Blackrock Clinic

CT Guided Injection (Nerve Root/Facet Joint/Joint Injection)

Expect to be with us for approximately 1.5 hours.

What is a Computed Tomography (CT) Guided Injection?

- A CT scan produces a series of images of an area of your body using X-rays (radiation).
- These images are then used to guide the Consultant Radiologist in delivering the Injection of local anaesthetic and steroid to an exact area in your body.
- Images will be taken before, during and after the injection is given.
- There are different types of CT Guided Injections. Please see below...

Nerve Root Injection: this is a diagnostic and therapeutic injection, where a local anaesthetic and steroid are injected around the nerve which is thought to be causing your pain.

Facet Joint Injection: this is an injection of local anaesthetic and steroid around the facet joint to anaesthetise the joint and block the pain.

Joint Injection: this is an injection of local anaesthetic and steroid into the joint that is thought to be the cause of your pain.

Preparation before your procedure

- You **DO NOT** need to fast.
- If you take Plavix /Clopedigrel, please withhold for 5 days.
- If you take Xarelto/Eliquis, please withhold for 1 day.
- If you take Clexane please withhold one dose.
- If you take any other anticoagulants not listed please contact the Out Patients Department on 1800 300 200 and ask for CT Bookings.
- If you are on warfarin please check your INR. The result should be below 1.5.
- Please bring all insurance details. These are required on the day of your procedure on arrival and you will be requested to fill in the appropriate insurance forms.
- Depending on your policy type, there may be a shortfall or excess to pay on the day. Any relevant scans from other hospitals/clinics should be brought for your procedure.
- Please wear loose comfortable clothing.
- If there is a possibility that you may be pregnant please contact the Out Patients Department on 1800 300 200 prior to your appointment.
- If you are asthmatic please bring your inhaler with you.

Arriving for your procedure

- Please report to the Out Patients Reception Desk to register **15 mins before your appointment time.**
- You will be asked to fill in some paperwork.



Before your procedure

- A member of our team will collect you from the outpatients waiting area near to the time of your procedure.
- Pre procedure checks will take place and you may be asked to change into a gown.
- You may also be asked to remove your jewellery.
- The Consultant Radiologist will explain the procedure and consent you, outlining any risks involved before the procedure begins.
- You will have an opportunity to ask any questions at this point.

What will my Procedure involve?

- For the procedure you will be instructed to lie on the scan table.
- A sticky grid is placed over the area for injection and some planning scans are taken. All this involves is you lying still as the table passes in and out of the scanner.
- Once the planning scans are done the Consultant Radiologist will review these and decide on the exact location for the injection.
- An accurate mark will be made on your back with a marker demonstrating the site of the injection.
- Your skin will then be cleaned with an antiseptic solution. This may feel cold on your skin.
- Some local anaesthetic will be injected first to numb the area before the main injection. This may cause a bee sting like feeling.
- Once the area is numb the combined injection of local anaesthetic and steroid will be injected. This may feel a bit uncomfortable but shouldn't be painful. Some patients experience some pressure at the site of injection or a shooting nerve type pain **if having a nerve root block**. This is due to the closeness of the injection to the nerve.
- A final scan is performed after the injection and a sterile dressing applied to the injection site.

After the scan

- You will be assisted off the CT scan table by one of the CT team and brought to an area for the Radiology Nurse to assess you post procedure.
- Once the checks are complete and normal, you will be able to go home with your escort.
- You will be provided with an aftercare information leaflet and contact numbers.
- Some people may feel a weakness in their limb following the injection. This can sometimes take 24 hours to resolve but is normal.
- If you do have limb weakness you will be assessed before leaving the department.
- It is normal to experience some pain at the site of injection. Pain relief can be taken to relieve this.

Cancellation/Rearrangements of Appointment

- If you need to cancel or rearrange your CT Injection please contact the Out Patients Department on 1800 300 200 prior to your scan.