

## What is a CT Guided Injection?

A CT guided injection of local anaesthetic and cortisone is used for pain management or diagnostic purposes. A CT scan allows your doctor to image every type body structure including soft tissue, bone and blood vessels this machine is used to guide an injection to the right position.

There are three types of injections depending on the area of discomfort or pain.

## Facet Joint

CT Guided Facet Joint Injections are beneficial to relieve pain from facet capsule-arthritis or instability. Patients usually have hip/buttock pain with cramping leg pain and stiff back, tenderness and pain on back extension. Facet Joint injections usually provide a high level of pain relief in patients with facet joint arthritis.

## Nerve Root Block

CT Guided Nerve Root Blocks are beneficial to patients with Sciatica type symptoms. Selective Nerve Root Injection usually provides a high level of pain relief in patients with nerve root impingement.

## Epidural Injections

CT Guided Epidural Injections are beneficial in patients with "disc" related pain that usually presents as a deep midline ache, radiation to buttock and thigh, the patients often have a reduced sitting tolerance. A CT Guided Epidural block usually provides a high level of pain relief in patients with discogenic symptoms.

## What is contrast?

Intravenous (IV) contrast is a dye used in some CT examinations to allow further clarification of structures and tissues to allow for an accurate diagnosis. We use the most advanced form of contrast available called "non-ionic" contrast which has far fewer side effects and reactions.

Patients who have poor kidney function (renal impairment) will not be given contrast so as not to worsen the condition. The dye will only be given once you give your consent (permission) to do so, which will need to be formally documented on the information sheet with your signature. If is needed you will be advised of any further preparation before your appointment.

## How long does a CT guided injection take?

Once you are in the room the procedure is performed under low dose CT guidance using a small needle and takes approximately 10 minutes depending on the area that needs to be treated; it is usually performed with little or no discomfort. Local anaesthetic and cortisone is administered to provide pain relief.

## How long does it last?

Duration of symptomatic relief is variable depending on the degree of degenerative change and patient activity. It takes approximately 12 days for peak effect of injections with some patients requiring more than one injection to achieve optimal symptomatic relief. If the symptoms return, additional injections can be considered. Additional lifestyle modifications and conservative treatment can also aid with management.

## Who conducts my CT guided injection?

A trained specialist Radiologist who is accredited with the Medical Radiation Practice Board of Australia (MRBPA) will conduct your injection.

## What if I'm on medication?

You must advise your referring doctor and the radiologist if you are on any medication. The use of medications may need to be reviewed.

## What if I'm pregnant?

If you are pregnant, or it is possible that you may be pregnant, then a CT guided injection is usually not performed unless it is an absolute medical necessity to do so. It is possible that an ultrasound or MRI scan may provide similar information and therefore be used as a substitute. Please inform our clinic if this situation applies to you.

Breast feeding mothers are advised to stop breast feeding for 24hrs if contrast is used.

## When do I get the results?

Depending on your clinical symptoms, we will assess you every time you are referred but it is possible to repeat after two weeks subject to our clinical assessment.

## What documents do I need?

Please bring with you your referral and any prior scans and reports as this will assist the radiologist in assessing your condition.

## How do I make an appointment?

You can call our clinic directly on 02 4363 9300 to book an appointment.



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