



Adult Cortisone Joint Injection

Diagnostic Radiology (Outpatient)

Welcome:

We would like to welcome you to OSF Saint Francis Medical Center Diagnostic Radiology Department.

You have been scheduled to have a Cortisone Injection. This is a diagnostic test using fluoroscopy (a form of x-ray). This test is also called a joint evaluation.

The information contained in this pamphlet will help you understand the test that has been scheduled.

When to Come, Where to Park, and Where to Go:

Please arrive 45 minutes before the time of your scheduled test.

What to Bring with You:

You may have had x-rays done at a hospital other than OSF Saint Francis Medical Center. Please bring copies of the films with you the day of the test. You may also request that the doctor's office send the films or results to us at the hospital before your test.

Prep:

None.

Jewelry:

Please remove all jewelry from the area on concern before the test.

PREGANCY TESTING POLICY

It is the policy of OSF Saint Francis Medical Center to conduct pregnancy tests on female patients having a CT, MRI, Nuclear Medicine, PET, Angiography, or X-ray exams of the abdomen area. This policy is to avoid potential harm to an unborn baby as a result of the radiation or medications given during the exam.

A pregnancy test is required prior to the procedures listed above and should be ordered by your physician if you are a female:

- Between the ages of 12 and 50 and have not had a hysterectomy
- Less than 12 years old and are having menstrual periods
- Over age 50 and having menstrual periods

The pregnancy test must be done within three days prior to your exam at any OSF Saint Francis facility. Home pregnancy tests are not acceptable.

If you have your pregnancy test done the day of the procedure:

- Arrive 30 minutes earlier if you are scheduled at any OSF Out Patient locations.
- Arrive 60 minutes earlier if you are scheduled at Saint Francis Medical Center main campus hospital

If you know that you are pregnant please notify your physician.

Medication:

You may take medications as prescribed.

Allergies:

You may receive contrast as part of the test. Contrast is something given to let a part of the body be seen on an X-ray. If you have any known allergies to iodine or X-ray contrast, please contact your ordering doctor. You may need to take special medications before having this test.

Test Instructions:

The test will be explained to you by a registered x-ray technologist. You will be asked to sign a consent form before the test starts. You may be asked to wear a hospital gown for the test. A registered x-ray technologist will help a radiologist with your test. The test will take about 30 to 60 minutes. You will lie on an x-ray table under an x-ray tower.

A radiologist or x-ray technologist will clean the area with betadine. If necessary, the area may also be shaved. The radiologist will localize the area of concern with a numbing agent called xylocaine. The radiologist will then put a spinal needle in the joint and inject contrast. Contrast allows your joint to be seen on x-ray. The joint will then be injected with a numbing agent and the needle will be removed.

The radiologist will take x-rays of the joint with help from the x-ray technologist. After the Radiologist looks at the films, more films may be taken by the technologist.

Test Results:

Your test will be read by a Radiologist (doctor specializing in medical imaging). The radiologist will give a report that will be typed and sent to your doctor. You can make plans with your ordering doctor on how to get the test results (such as follow-up doctor appointment, calling the doctor's office, etc.).

After Test Instructions:

You may have tenderness and stiffness in the joint, but this should only last about 24 hours.