Psoas compartment injection
Information for patients
The psoas muscles (“sew-as”)

There are two psoas muscles on either side of your back. These muscles run from just below your rib cage, through the pelvis to the top of the leg bone. These muscles allow your lower back to bend.

What is a psoas compartment injection?

A psoas compartment injection is an injection of local anaesthetic and steroid into either the right or left psoas muscle, depending on which side is affected. This type of injection is used to help relieve chronic pain in patients.

The injection is carried out in the Pain Relief Unit. You are likely to be in the department for 1-2 hours.

How long will the pain relief last?

This varies from person to person. Pain relief could last for only a few hours or days, but hopefully it will last for several weeks or months.

What are the risks?

- bruising
- infection
- failure (the doctor is unable to carry out the injection)
- increased pain (1 in 10,000 people may experience this within a year or more of the injection)
- a possible increase in blood sugar levels if you are a diabetic.

The doctor will explain these risks to you in more detail before asking you to sign the consent form.

Before the injection

We advise you to pass urine before the injection as there is a possibility your leg on the affected side may become numb. This may then affect your ability to walk to the toilet, although this varies from person to person. Any numbness is likely to have disappeared within a few hours.
Please let the nurse know if you have any allergies and if you take anything to thin your blood. It is also important to tell the doctor about any over-the-counter medicines or herbal remedies you may be taking as some of these may have an affect on prescription medicines.

The doctor will see you and will explain the procedure. He/she will answer any questions you may have and will ask you to sign a consent form.

**If you are female and aged between 12 and 55 years old we will ask you to fill in a form to confirm that you are not likely to be pregnant. This is because of the possible negative effects of x-rays on an unborn child.**

### What does the injection involve?

The nurse will ask you to lie face down on a treatment bed in the treatment room. The x-ray machine will be placed into position over you, but will not touch you. The doctor will use x-rays to find the exact place which is causing you pain. When the doctor has found the right place he/she will then administer the injection. Afterwards the nurse will apply a small dressing to the injection site.

### After the injection

You will be taken to our recovery area on the trolley and moved onto a bed. The nurse will record your blood pressure at regular intervals for an hour. Afterwards you will be offered a drink.

Once any leg weakness has disappeared and you are able to walk safely, you may go home.

**You are advised not to drive after the injection so you will need to arrange for someone to take you home.** You can drive the following day if you have no leg weakness.

### What will happen to my pain?

Often the pain will be improved in the few hours after the injection. This is mainly due to the use of local anaesthetic in the injection. Sometimes your pain may feel worse after the effects of the local anaesthetic wear off. The steroid can take up to a week or two to have an effect.
Follow up

You will be sent a letter for a telephone appointment. This will be approximately two months after your treatment and is to discuss how successful the treatment has been.

It would be helpful if you record how long the injection lasts. This will then help us to evaluate how well the treatment is working for you and what the next step will be.

How to contact us

If you have any worries or concerns after your treatment please telephone our advice line on:

**Pain Relief Unit – Nurse Advice**
Voicemail: **01865 857 107**
or
Email: **painrelieftimeouh@nhs.net**

**Please note:**
For appointment queries contact **01865 572 079**

**Alternatively, if your enquiry is urgent you should contact your GP.**

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@ouh.nhs.uk**