

Patient information leaflet

Shoulder Hydrodilatation

Radiology department

Introduction

We hope this guide will answer your questions about your shoulder hydrodilatation procedure.

Please contact the team if you require further information via the details at the end of this leaflet.

What is a shoulder hydrodilatation?

A hydrodilatation is an examination where a mixture of steroids, local anaesthetic and saline solution is injected into your shoulder joint whilst taking X-ray images. As part of the examination a contrast medium (an iodine based solution often known as X-ray dye) is used to demonstrate your joint clearly on the X-ray images.

Why do I need a hydrodilatation?

A hydrodilatation is a common treatment for the symptoms of a frozen shoulder.

This examination aims to gently 'stretch' your joint by expanding the space within your shoulder to loosen the joint.

Who will be doing the hydrodilatation?

The examination is carried out by a Consultant Radiologist (special x-ray doctor), a radiographer (person who takes the x-ray images) and the radiology nursing team.

Are there any risks?

X-ray radiation: All x-ray procedures involve exposure to radiation in varying amounts. The dose you get from a medical x-ray is very low and your doctor has determined that the benefits of having the examination outweigh potential risks.

The radiographer is present throughout your test making sure that the dose is kept as low as reasonably possible and the duration and level of x-rays are kept to a minimum.

Contrast medium: A very small number of patients have an allergic reaction to the contrast medium (x-ray dye). This can be minor, severe, or even life threatening but the chances of this occurring are very rare. If you get an itchy rash or difficulty breathing during the procedure tell a member of staff, the team will provide appropriate treatment.

Before your examination begins the radiographer will ask you a series of questions about your medical history, including any allergies you may have. This will help us assess if you are at risk of an allergic reaction to the x-ray dye.

Procedure: There is a small risk of infection in the joint from the injection and a small risk of bleeding.

Patients aged 12 to 55, could you be pregnant? X-rays can be harmful to an unborn baby and should be avoided by patients who are or may be pregnant. It is recommended that the examination is performed within 10 days of the first day of your menstrual period.

If your appointment is not within this time or if you think you may be pregnant, please contact the X-ray department before your appointment. When you arrive for your test, you will be asked when your last period started. If it is more than 10 days earlier, your appointment may be postponed.

Breastfeeding: No special precautions are required and you can carry on breastfeeding as normal. However, if you have any concerns you may want to express some breast milk prior to your appointment.

Preparation for a hydrodilatation.

There are no special preparations for this examination. You may eat and drink as normal and take any regular medications as usual.

Please leave any jewellery or valuables at home.

Please contact the booking team before your appointment if:

- -you are or think you may be pregnant
- If you have had a previous allergic reaction to x-ray dye (contrast agent) or are allergic to iodine
- If you weigh over 30 stone/190 kilograms
- If you have problems standing or need a hoist to transfer
- If you require an interpreter – please inform us as soon as you receive your appointment letter, and we will arrange an interpreter for you.

If you are unsure or have questions about your preparation, contact your doctor or the X-ray department for advice.

Allergies

If you have any allergies you must inform your doctor. If you have previously reacted to contrast medium (X-ray dye) you must tell your doctor about this.

Medication

Please contact the radiology department if you are taking blood thinning medication (anti coagulants) such as Warfarin, Aspirin, Rivaroxaban, Dabigatran, Apixaban, Edoxaban or Clopidogrel, Ticagrelor.

You may be asked to stop or be given alternative medication.

Getting to us

When attending The Princess Alexandra Hospital (Hamstel Road, Harlow, Essex, CM20 1QX), follow the signage to the radiology reception, which is located on the ground floor, green zone. Please let the receptionists know that you have arrived for your appointment.

When should I arrive?

Please arrive in the radiology department at your given appointment time. A notification through text or letter should have been sent to you to confirm this appointment.



Can someone stay with me in the hospital?

You may have a friend or relative attend with you, but they will be asked to stay in the waiting area while you have your procedure.

Children are not allowed in the waiting area unattended. Our staff are not permitted to supervise children, so please ensure child care arrangements are in place to avoid your tests being rescheduled.

The day of the procedure

You will be shown to a cubicle and asked to undress and put on a gown; please bring a dressing gown if you have one. You may also be asked to remove jewellery, dentures, glasses, or other metal objects, which may show up on the X-rays.

The procedure

Your identification will be checked by a nurse and radiographer, a brief history will be taken; please tell the radiologist what medication, severe allergies, choking episodes or other medical conditions, such as thyroid disease and diabetes you may have.

Before the procedure, the interventional radiologist will explain the procedure and ask you to sign a consent form.

Please feel free to ask any questions that you may have and, remember that even at this stage, you can decide against going ahead with the procedure if you so wish.

You will be asked to lie on your back on the X-ray table with your arms by your side. The injection into your shoulder joint is carried out under sterile conditions by the Radiologist.

The skin around the joint area will be cleaned with an antiseptic solution and then covered with a sterile sheet. A local anaesthetic will be injected to numb the area then X-rays will be used to guide a fine needle into the joint.

A small amount of contrast agent will be injected to ensure the needle is in an accurate position. A combination of steroids, local anaesthetic and saline solution will then be injected through the needle to gently stretch the joint.

The needle will then be removed and a dressing applied to cover the injection site.

Your nurse, radiographer and radiologist will be with you the whole time during the procedure and will explain what is happening or what you need to do on the day. If you have any questions or concerns, it is OK to ask.

How long will this take? This will depend on the situation and type of biopsy. The procedure may take over 30 minutes, although you will be in the department for a longer period to ensure no there have been no complications.

Is it uncomfortable? This procedure is not painful but, it can be uncomfortable and unpleasant.

After the procedure

The nurse will show you back through to the changing area where you will be able to get dressed again. You will then be able to leave the X-ray department.

It is very important you receive physiotherapy on your shoulder within 5 days following your hydrodilatation. This physiotherapy session will be arranged for you.

Can I drive after my procedure?

We recommend that you do not drive for twenty-four hours and you ask a friend or relative to drive you home following your procedure.

How soon can I return to work?

We recommend you do not undertake strenuous activity and rest for the remainder of the day.

What do I do if I feel unwell after I have gone home?

If you feel unwell after your procedure, you should seek medical advice from your GP/hospital doctor or through the emergency department and inform them that you have had a procedure.

Follow-up

The X-rays will be reported on by the Radiologist after your examination. The results will be sent to the Specialist who referred you for this examination. During your examination the Radiographer will advise you on how you will receive these results. Unfortunately, you will not receive any results on the day of your examination.

Contacting the team

If you have any further questions about your procedure or an existing appointment, please contact the radiology department (**Monday to Friday, 8am to 6pm**) at **01279 82 2527 or 3405**

If you have any queries **outside of working hours (after 4pm and on weekends)**, you will be redirected to the main radiology reception.

Please note appointment bookings cannot be made during this time.

Your feedback matters

If you would like to give feedback on your care, please contact our patient experience team at paht.pals@nhs.net or **01279 827211**.

Please contact the communications team at paht.communications@nhs.net if you would like this leaflet in another language or format.