

## Patient Information

### COVID-19 AND CORTICOSTEROID INJECTIONS

The following information leaflet has been designed to inform patients about the potential risks/implications of corticosteroid injections specific to the Covid-19 pandemic. Please be aware there is no current evidence specific to corticosteroids and the Covid-19 virus but it is important you fully understand the **theoretical potential** for complications.

Corticosteroids have a temporary immuno-suppressive effect. This means they may temporarily lower your immune system. This is one of the primary reasons they are useful as the most powerful anti-inflammatory currently available in medicine. The temporary effects on the immune system varies from person to person but it is generally thought to be between 1-3 weeks.

**The evidence is not clear however it is important you are aware of the theoretical effects of corticosteroids and the covid-19 virus.**

- Corticosteroids could increase the likelihood of contracting covid-19 if your immune system is lowered.
- Corticosteroids could impair your body's ability to fight covid-19.
- Corticosteroids could potentially make you more contagious to surrounding people.

**Due to the above theoretical risks it is important you:**

- Do not have symptoms of covid-19 or have been in recent contact with anyone who has.
- Are not in a covid-19 high risk group (over 70 years old, diabetes, heart disease, respiratory disease, hypertension).
- Confirm you are aware and understand the above information.
- Have trialled other less-invasive treatments where appropriate.
- Discuss any questions or concerns with a health professional.

**Further considerations to discuss:**

- Are your pain levels high and causing significant impact on your daily activities?
- Have you tried other treatments or medications e.g. pain killers.
- Will you be able to engage in rehabilitation after an injection e.g. exercise therapy.
- Have you considered/discussed alternatives e.g. PRP or hyaluronic acid injections.

**How will we minimise risks to you:**

- We will not inject very high-risk patients as defined on [www.gov.uk](http://www.gov.uk)
- Screening patients before and during appointment.
- Full equipment and room deep cleaning in accordance with government guidelines.
- Clinicians will be wearing PPE (personal protective equipment).
- Use the lowest clinically effective dose of steroid - this will be dependent on your diagnosis and the region/joint to be treated.

**I have read and fully understand the risks as explained above and have had all my questions answered.**

**COMPANY INFO:**

Co reg no: 11947266

Registered address:  
William Burford House  
Lansdown Place Lane  
Cheltenham  
GL50 2LB

**CONTACT:**

07740 956112

INFO@CUREPHYSIO.CO.UK

[WWW.CUREPHYSIO.CO.UK](http://WWW.CUREPHYSIO.CO.UK)