

Contra-indications

▶ Just like performing any other treatment a comprehensive medical history should be taken as there are certain groups who may not be suitable to have these injections and they include the following:

- Pregnant/Breastfeeding mothers
- Those with impaired immune system or undergoing treatment for cancer
- Those who are allergic to any of the ingredients
- Persons suffering from an illness or infection
- Diabetes, unless diabetes is controlled by diet alone
- Those taking medication that may affect the immune status
- Persons taking oral steroid treatment
- Those with previous personal or family history of psychosis

All of the above should be listed on your consent form. It is also advisable to avoid any anti-inflammatory medications prior to the administration of triamcinolone injections. Patients who are taking anti-coagulants such as Warfarin or Rivaroxaban should seek guidance from their consultant or GP before undertaking IM triamcinolone injections, you may consider (with the patients permission) sharing information with their GP.