



Information for  
patients and  
carers

## Shoulder Hydrodilatation

# What is a shoulder hydrodilataion?

A hydrodilataion is an examination where a mixture of steroids, local anaesthetic and saline solution is injected into your shoulder joint whilst taking X-rays. As part of the examination a contrast agent (an X-ray dye) is used to demonstrate your joint clearly on the X-ray images.

A very small number of patients have an allergic reaction to the contrast agent and/or the medications injected. Before your examination 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.



This examination aims to gently 'stretch' your joint by expanding the space within your shoulder to loosen the joint. A hydrodilataion is a common treatment for the symptoms of a frozen shoulder. The examination is carried out by a Radiographer and a Consultant Radiologist.

Please inform us before you attend:

- If you are or think you may be pregnant
- If you are breast/chest feeding
- If you weigh over 28 stone (178kg)
- If you feel you may need further assistance with transferring (including the use of a hoist)
- If you require an interpreter, please inform us as soon as you receive your appointment letter and we will arrange an official interpreter for you

## **Are there any special preparations required before the examination?**

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

Following the examination we advise not to drive immediately and therefore we advise you to make arrangements for somebody to drive you home afterwards.

## **Can I bring a relative or friend with me?**

Anyone can accompany you to the hospital but they will usually not be allowed into the room when you have your examination.

Please note that we do not have child care facilities; if you need to bring your children with you please bring along an adult who can supervise them while your examination is being done.

## **What happens when I arrive at the X-ray department?**

When you arrive at the X-ray department, please book-in at reception where you will be asked to have a seat in the waiting area.

You will then be taken into the examination room where the Radiographer will complete a checklist with you to make sure you are able to have the contrast agent. The Radiologist will then explain the examination to you and answer any questions you may have and then you will be asked to sign a consent form. You will be asked to change into a hospital gown in a changing area which is connected to the examination room.

## What happens during the examination?

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.

## What happens after the examination?

The Radiographer 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.

We advise that you do not drive or operate heavy machinery for at least 6 hours after your examination.

**It is very important you receive physiotherapy on your shoulder within 5 days following your hydrodilatation. This physiotherapy session has been arranged for you and is detailed within your appointment letter. If you are unable to make the hydrodilatation appointment or the physiotherapy appointment, please contact the X-ray department at Royal Preston Hospital on the telephone number below as soon as you receive your appointment letter.**

## Are there any side effects?

Some people experience discomfort during the examination as the shoulder joint expands. This may continue after the examination for a short while.

## Are there any risks?

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

**Please inform the X-ray department before your appointment if you are taking any anticoagulant (blood thinning) medication as this may need to be stopped for a period of time prior to your hydrodilatation.**

There are some small risks involved with X-rays but only the minimum amount of radiation is used to produce the images required.

We use the smallest dose possible, in line with national regulations, to provide as much information as we can about your condition. This allows the Clinicians to make an accurate diagnosis to help plan your treatment, therefore the benefits of having the X-ray far outweigh the radiation dose you will receive.

## When will I receive the examination results?

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.

## Contact details

Should you require further advice or information please contact Royal Preston Hospital X-ray Department on **01772 522096**.

# Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دو سر ی زبانوں او ری بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں یبھی ابی دست بو یسکت ہے براے مہر یبان پو ری چھہی۔ معلومات

**Arabic:**

مطبوعة بأحرف كبيرة وبلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يرجى أن تطلب أخرى يمكن توفير هذه المعلومات

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