

ENT outpatient clinic, Charing Cross Hospital

Airway injection (steroid)

Information for patients, relatives and carers

Introduction

This leaflet aims to tell you about **steroid airway injections** and answer some of the questions that you or those who care for you may have. It is not meant to replace the discussion between you and your medical team. If you have any questions about this information, please contact us.

Before the procedure

Your consultant has recommended that you have a steroid injection under local anaesthesia to improve your airway. Steroids help reduce inflammation that might be causing breathing problems.

The procedure is discussed in clinic with you. If you and your surgeon both agree to proceed you will be asked to give your consent. You will be given a date to attend clinic.

The procedure

You will need to spend 30 minutes in our ENT outpatient clinic.

- We will put a flexible scope through your nose so the clinician can see your airway.
- You will be given a combination of nasal sprays and an injection of local anaesthetic in your neck to numb the area.
- After 5 minutes, we will replace the scope and then inject the steroid via your neck by looking directly or through a small scope channel. This will not be uncomfortable.

After the procedure

You will be asked not to eat or drink for 1 hour. This is because of the effect of the local anaesthetic on your swallowing and is temporary. You can eat normally after 1 hour.

You will be able to return home and continue normal activities including work.

You may experience some mild discomfort after the procedure and can take over-the-counter pain relief if required.

If you have any acute breathing difficulties or are unable to swallow after the procedure, please attend your nearest A&E department.

Follow up

Six weeks after the procedure, a clinical nurse specialist (CNS) will call you for an initial telephone follow up appointment. They may arrange either a face-to-face outpatient appointment with your consultant or a repeat procedure.

For any non-urgent queries please contact the laryngology CNS Margaret Ashcroft on mobile: 075 5758 7768 or Matteo De Blasi on mobile: 077 7080 4495 (Monday to Friday, 09.00 –16.00).

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

ENT Department
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