

CORTICOSTEROIDS

“STEROIDS”

Corticosteroids are the type of steroids being used in your injection procedure. They are potent anti-inflammatory medications that reduce inflammation and swelling.

Two Corticosteroids used in this Pain clinic are:

- Kenalog (Triamcinolone)
- Depo-Medrol (Methylprednisolone)

Kenalog and Depo Medrol are “depot” medications. This means they are powders suspended in liquid. They are delivered slowly, so it takes a few days get an effect in the area of injection and then the effect will usually work for days to weeks, or potentially longer.

These are not the steroids used by body builders. Body builders use anabolic steroids that are a completely different medication with different effects.

Common Side Effects

- Flushing or feeling of warmth
- Some fluid retention
- Menstrual irregularity
- Increased appetite
- Reduced resistance to infection, especially viral infections

Diabetics can see higher blood sugars for a few days after a corticosteroid injection. Blood sugars should be checked until they have returned to normal

You should inform your diabetes doctor that you will be receiving corticosteroids.

Serious Side Effects

Serious side effects are usually seen only with large doses or long term daily doses. To reduce the possibility of serious side effects your Pain Management Physician will limit the amount and frequency of corticosteroids given.

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