



ARTHROSAMID INJECTION Patient information

Patient information leaflet for Arthrosamid injection Arthrosamid is a form of injectable gel that can help reduce pain in osteoarthritic knee joints. The improvements are usually temporary, but research has shown relief can last as long as several years in some patients. Arthrosamid injections are generally very safe, although occasionally patients may experience some side effects after treatment. The aim of this patient information leaflet is to provide you with the necessary information regarding your treatment. We ask all patients to provide written consent prior to booking an injection to ensure they have read and understood the information provided. Whilst we do not require a doctor to refer you for an injection, we will supply you with a report after the procedure, which we suggest you forward to your GP for your medical records.

What are Arthrosamid injections, and how are they used? Arthrosamid is a hydrogel injection. Arthrosamid is licensed as a 'medical device' (like hyaluronic acid injections) because it is believed to provide relief by physically cushioning the joint. Arthrosamid hydrogel does not degrade and therefore potentially provides longer-lasting relief.

How do I know if Arthrosamid is appropriate for me? Arthrosamid is appropriate for people with osteoarthritis of the knee who are experiencing pain and swelling that may be affecting their functions, such as walking or running. We would always recommend first seeing a physiotherapist who can help you with an appropriate exercise programme, advise on footwear and conservative management. We usually recommend that you speak directly with one of our clinical specialists before booking. They may advise the need for an assessment before committing to the injection to ensure your knee is appropriate for an Arthrosamid injection. As part of this assessment process, we will usually request people have had an X-ray or MRI scan of the knee within the last 12 months. Prior to booking an appointment, you will be asked to complete our online medical screening and consent form. This will ensure you have been medically screened and have all the appropriate information to make an informed decision about the treatment. Once this has been screened you will be contacted to discuss any issues identified and to potentially make an appointment

Do I need to take prophylactic antibiotics before my Arthrosamid injection? Due to manufacturers' requirements, Arthrosamid® must be administered with prophylactic antibiotics. The following combination of oral antibiotics administered 1-2 hours before Arthrosamid is recommended: **1.** For patients without allergy towards penicillin, 1g of Flucloxacillin plus 1g of azithromycin, or **2.** For patients with known or suspect allergy towards penicillin, 600mg of Clindamycin plus 1g of azithromycin, or **3.** 1g of Azithromycin plus 400mg moxifloxacin. Dosages may need to be adjusted in patients with co-morbidities; hospital pharmacist advice should be sought if necessary.

What happens on the day of the Arthrosamid injection? On the day of the procedure, you are required to take the antibiotics 1-2 hours before the injection – see above. When booking, it will be discussed whether you prefer to be sent the prescription in advance or attend the clinic early on the day to take the antibiotics. During the consultation the clinician will examine the knee and check the area to inject using diagnostic ultrasound. You will be given a local anaesthetic in the area that will be injected. If there is significant swelling of the knee, this will usually be removed (aspirated) prior to the injection. Your clinician will usually inject the Arthrosamid into the inside aspect of your knee (directly into the knee joint) using diagnostic ultrasound to precisely guide the injection. Arthrosamid is quite a thick (honey-like) substance and therefore can take a minute or two to administer. Due to the local anaesthetic, your pain may be relieved within minutes, but the effect will usually wear off after an hour or two. It usually takes around 4 weeks for the effect of the Arthrosamid to become apparent. Pain and function will often continue to improve for a further 5 months before full benefits are being experienced. We recommend you consider your journey home after your injection. This procedure includes the use of a local anaesthetic injection around the knee. We recommend patients not drive home after this procedure.

Will I need another injection? Arthrosamid is designed to be used only once. Arthrosamid does not degrade and is therefore designed to provide long-term benefits.

Potential risks and side effects. Most people receive Arthrosamid injections without any side effects. A full list of potential risks and side effects is listed below.

Post-injection flare Some people (around 20-30%) may have some pain for a few days after the injection (post-injection flare). This can be managed with relative rest and over-the-counter painkillers. A much smaller proportion may have pain which will last for several weeks. Very rarely patients experience much more severe pain and swelling (known as pseudo-sepsis), which requires medical review to ensure no infection. Patients receive a local anaesthetic to the area, so the pain during the injection is usually quite minor. The local anaesthetic is given using a very fine needle, so patients should feel only minor pain as this is administered. Arthrosamid is quite a thick (honey-like) substance and therefore can take a minute or two to administer.

Infection Taking the prophylactic antibiotics as mentioned above reduces the infection risk. However, in very rare cases (approximately 1 in 50,000 joint injections), you may develop an infection at the injection site. If the joint becomes more painful, hot and swollen, and/or you are feeling hot, nauseous and unwell, you must seek medical

attention immediately, e.g., go to your local accident and emergency department (A&E). You should inform the medical professional examining you regarding your recent procedure and the details of the prophylactic anti-biotics you have taken before the procedure to minimise this risk, the treating clinician will sterilise the area prior to injection and cover it with a plaster afterwards. You must keep the injection site clean and dry until it has healed (normally 24 hours post injection). You can shower/wash in the 24 hours post-injection but keep the area clean and apply a new plaster afterwards.

Anaphylaxis It is extremely rare to have an allergic reaction to Arthrosamid or local anaesthetic (1:500,000). This would usually happen within the first few minutes of an injection and requires immediate medical attention. Very rarely can an allergic reaction be delayed. The symptoms you might experience are feeling lightheaded or faint, breathing difficulties (such as fast, shallow breathing and/or wheezing), a fast heartbeat, clammy skin, confusion and anxiety, collapsing or losing consciousness. You will be asked to remain in the clinic for 20 minutes following the injection to allow observation of possible adverse reactions. Please refer to the list below for the very few other reported side effects associated with Arthrosamid use.

Can I combine Arthrosamid with other medications? Yes, you can take other medications alongside having the Arthrosamid injection. There are no known significant drug interactions that occur with Arthrosamid. However, if you are taking a blood-thinning drug, such as warfarin, you may need a blood test to make sure that your blood is not too thin to inject safely. This is because of the risk of bleeding into the joint at the time of the injection. If you are taking an anticoagulant, you may need to discuss this with your GP before having the injection. Patients are required to take a prophylactic dose of antibiotics 1-2 hours before the procedure. A separate patient information leaflet will be issued in relation to the antibiotics. Unfortunately, we cannot offer Arthrosamid injections to patients who are pregnant or breastfeeding. This is due to a lack of robust research regarding safety.

Below is a summary of the risks/side effects from having Arthrosamid injection:

Serious side effects are rare but can include:

Joint and soft tissue infections.

Anaphylaxis (allergic reaction) – to antibiotics, local anaesthetic or Arthrosamid hydrogel injection

Very rarely severe pain and swelling (known as pseudo-sepsis), which requires medical assessment.

Other potential side effects include:

Non-efficacy (the treatment may not work)

Short-lived efficacy (the treatment may work for a limited time)

Post-injection flare – usually mild and settles within a few days.

Occasionally more severe and lasts up to a week

Swelling of Baker's cyst may occur

Long-term worsening of symptoms

Bleeding or bruising

Your clinician is highly trained and will take every appropriate step to avoid injecting or traumatising any soft tissue structures, nerves or vessels when performing the injection, however, there is always a very small risk that this could occur, particularly with injections at certain locations.

Potential side effects of local anaesthetics

Serious side effects are rare and include:

Infection – (see also above)

Anaphylaxis – (see also above)

Other potential side effects include:

Lightheadedness

Numbness of area injected

Dizziness, drowsiness

Blurred or double vision

Vomiting

Bradycardia

Hypotension cardiac arrest

Very rarely loss of consciousness, respiratory depression, respiratory or cardiac arrest.

Allergic or anaphylactic reaction.

Injury or trauma to neurovascular structures during the injection procedure.

Your therapist is highly trained and will take every appropriate step to avoid injecting or traumatising soft tissue structures, nerves or vessels when performing the injection. However, there is a very small risk that this can occur, particularly with injections at certain locations.

You will be asked to remain in the clinic for 20 minutes following the injection to allow observation for possible adverse reactions.

Contact us:

Sonoscope Ltd Ultrasound-Guided injections

Phone: 07999-923844

Email: info@sonoscope.co.uk

Website: www.sonoscope.co.uk

Address:

The Dolphin Medical and Therapy Rooms

6-7 East Street, Ware, SG12 9HJ