

## Information & Consent Form for Kenalog Injection

At Infuse Health, we want to provide clear information to help you decide whether a Kenalog injection is proper for you. We encourage you to discuss any questions with your doctor and seek further information online or elsewhere to ensure you understand the risks and benefits of this treatment.

### **Reasons for Kenalog Injection:**

Hay fever is a common condition caused by your immune system reacting to pollens. This reaction can cause significant fatigue and problems with concentration and alertness, affecting your daily life. Kenalog injections are used to treat severe hay fever resistant to alternative treatments. Kenalog injections contain Triamcinolone acetonide 40mg/1ml, a corticosteroid that reduces the body's inflammatory and allergic response.

### **Procedure:**

Kenalog is injected into the buttock muscle and takes only a few seconds. Although not very painful, the injection can cause possible side effects.

### **Potential Benefits:**

Kenalog injections relieve hay fever symptoms temporarily. For many people, the relief lasts the entire season, allowing them to live as usual. Occasionally, a second dose may be needed. More than 80mg (2 injections) per season is not recommended except in exceptional circumstances.

### **Possible Side-effects:**

Kenalog injections can cause unwanted side effects, although these are rare at the dose levels given. Possible side effects include increased risk of infections, pain, skin colour changes at the site of injection, and dimpling of the skin caused by loss of fat under the skin at the injection site. Steroids, including Kenalog, can also cause mood changes, indigestion, eye problems, fungal infections, osteoporosis, and a reduction in the body's ability to respond to significant stress from serious injuries.

### **Serious Possible Adverse Effects:**

Very rarely, anaphylactic allergic reactions can occur. Suppose you experience swelling of the face, lips, or throat, breathing difficulties, skin itching, redness, rash, sticky black stools, severe abdominal pain, or vomiting blood. In that case, you must contact a doctor immediately.

### **Alternative Treatments:**

There are alternative treatments for hay fever and seasonal allergies that you should explore before considering a Kenalog injection. Non-medical therapies, such as staying indoors on high pollen count days, reducing bare skin, and having frequent showers, can help. Over-the-counter medications such as antihistamines, eye drops, and nasal sprays can also be effective. Prescription medications, such as Prednisolone oral tablets, antihistamine nasal sprays, Fexofenadine antihistamine tablets, Montelukast tablets, and Ranitidine tablets, are also available. Immunotherapy (Desensitisation) Treatments can permanently reduce immune reactions and cure hay fever.

<b>xHave You:</b>	<b>Yes/No</b>	<b>Details</b>
Any Medical Diagnosis:		
Any drug allergies		
Been taking any regular medications		
Any Recent/Current infection (including TB or COVID19)		
Recent Bowel Surgery		
Infection or Inflammation of the veins		
Mental Disorders or Epilepsy		
Kidney Disorder		
Liver Disorder		
Cancer Diagnosis		
Thin or Brittle bones (osteoporosis)		
Myasthenia Gravis		
High Blood Pressure		
Heart Failure		
Glaucoma or Cataracts		
Diabetes		
We have taken recent steroids or any immunosuppressant medications. Including Kenalog injection.		

I have completed my Medical Declaration truthfully and understand that any omission or false declaration may impact the safety of proceeding with my Kenalog Injection.

I declare that I have fully read, understood, and accept the risks and possible complications as detailed in the information/consent form.

I can confirm that it has been four weeks or more since vaccination completion. I will not have a vaccine in the next four weeks as I am aware that the Kenalog injection may substantially reduce the effectiveness of vaccination.

By signing this consent form, I accept these risks and provide my informed consent to administer a Kenalog injection.

I accept that the Kenalog Injection is not a cure for hay fever and that symptom improvement is not guaranteed.

PRINT Full Name: .....

Date of Birth: .....

Signature:.....

Date of Signature.....