

## **KENALOG (TRIAMCINOLONE) INJECTION INFORMATION & CONSENT FORM**

We aim to provide you with comprehensive information regarding your decision to undergo a Kenalog injection for alleviating hay fever symptoms. It is crucial that you fully comprehend this information, and we encourage you to address any queries with your doctor. Additionally, we recommend seeking further information online or elsewhere to ensure your comfort with the risks and benefits associated with this treatment.

### **Reasons for considering a Kenalog injection:**

Kenalog injections are used to treat severe hay fever that is resistant to alternative remedies. Hay fever stems from an unnecessary immune system response to pollen, leading to significant energy depletion as the immune system expends energy combatting perceived threats.

The pollen season, which can extend from late January to September, affects approximately 10-15% of the population.

For some individuals, hay fever results in substantial fatigue, concentration issues, and a 5-10% decline in exam performance during the hay fever season. When conventional treatments like antihistamines, nasal sprays, and eye drops prove ineffective for about 10% of hay fever sufferers, Kenalog injections become a consideration to navigate the season.

Each Kenalog injection contains Triamcinolone acetonide 40mg/1ml as the active ingredient, belonging to the corticosteroid group. Corticosteroids, while vital for treating various medical conditions, pose significant risks.

### **Procedure:**

Kenalog injections are administered intramuscularly into the buttock muscle. The injection site is meticulously cleaned with an alcohol swab before the procedure. Although the injection is relatively brief, the substance itself is not irritating, making it a relatively low-pain experience.

### **Potential Benefits:**

Kenalog injections can provide relief for many individuals suffering from severe hay fever symptoms. It may either entirely alleviate symptoms for the entire season or reduce their severity, allowing for the incorporation of other treatments to maintain a normal lifestyle. In some cases, a second dose of Kenalog may be necessary, with a

recommended limit of 80mg (2 injections) per season, except in exceptional circumstances.

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

Kenalog injections, like all steroids, can cause side effects, although they are rare at the administered dose. Unlike oral steroids, the effects of Kenalog injections persist for at least three weeks, raising concerns about potential complications from partial immune system suppression during this period.

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

While anaphylactic allergic reactions to Kenalog injections are extremely rare, it is crucial to seek immediate medical attention for symptoms such as swelling of the face, lips, or throat; breathing difficulties; skin itching, redness, or rash; sticky black stools; severe abdominal pain; or vomiting blood.

### **Possible Psychological Effects:**

All steroids, including Kenalog, may occasionally cause mental health issues, typically associated with higher doses than those administered in a Kenalog injection. Symptoms such as depression, mania, mood fluctuations, anxiety, difficulty sleeping, impaired thinking, confusion, and hallucinations should be reported to your doctor promptly.

### **Other Possible Side Effects Specific to Kenalog Injection:**

- Increased risk of infections
- Theoretical exacerbation of infections like measles or chickenpox within three weeks of injection
- Pain and skin colour changes at the injection site
- Sterile abscess at the injection site, potentially causing an unsightly dimple and scar

### **Other Possible Side Effects General to Steroids:**

- Mood changes
- Indigestion, stomach pain, ulcers, bloating, weight gain, pancreatitis
- Eye problems (glaucoma and cataracts)
- Fungal infections (e.g., thrush)
- Osteoporosis (thinning of bones)
- Reduced ability to respond to major stress resulting from serious injuries

## Alternative Treatments for Hay Fever & Seasonal Allergies:

It is advisable to initiate hay fever treatment about three weeks before the season begins. Non-medical measures, such as staying indoors on high pollen count days, reducing bare skin exposure, frequent showers, and using Vaseline on nostrils, can be effective. Over-the-counter medications like antihistamines (Loratadine, Cetirizine, Acravastine), eye drops (Sodium Cromoglycate), and nasal sprays (Beclometasone & Fluticasone) should be explored before considering a Kenalog injection. Prescription medications, including Prednisolone oral tablets, antihistamine nasal sprays (Rhinolast) or combination antihistamine with steroids (Dymista), Fexofenadine antihistamine tablets, Montelukast tablets, and Ranitidine tablets, are also available.

In severe cases, oral steroid tablets (Prednisolone) may be prescribed for short periods, and immunotherapy (desensitisation) treatments can be considered for a permanent solution.

**If you have any questions about the procedure, risks, benefits, or alternative treatments, please consult your doctor. You will be required to sign a consent form before receiving the injection, confirming that you have read this document, are aware of the risks, and are willing to proceed.**