

Kenalog (Triamcinalone Acetonide 40mg/1ml) Injection

Client Information Sheet

We want you to have as much information about your choice to have the Kenalog injection as possible which will look to relieve the symptoms of hay fever.

It is important to us that you understand this information so please feel free to discuss any further queries you may have after reading.

Why have the Kenalog Injection?

This injection is given to treat severe reactions to hay fever and pollen. Our immune system is a vital part of our body, this will inevitably use a lot of energy to fight off the effects of hay fever as it thinks that it is trying to attack your body. This energy would be much better used elsewhere during your day-to-day life.

From the end of January, trees start to produce pollen, and, in some cases, grass continues to produce pollen all the way up until September. Around 15% of us suffer with hay fever with 10% of those suffering with severe reactions, this will in turn effect concentration and alertness. Those 10% of people have also been shown to not respond to conventional treatments such as antihistamines, nasal sprays and eye drops.

The active ingredient in Kenalog is called Triamcinalone Acetonide which is part of the steroid family of medication. The principal effect of this is to help reduce the body's inflammatory and allergic response, and are widely used in many other medical conditions. Their use has been around since the 1940's and have helped many people.

Kenalog is licensed for the treatment of hay fever and is still widely used across the world to help with this condition. It has been reported that a single injection can last up to 4 weeks with many patients stating that it lasts the entire hay fever season.

Procedure

Kenalog is administered as an injection in the buttock. This is due to the fact that the manufactures require this medicine to be delivered deeply into a large muscle. The surface of the skin is cleaned thoroughly using an alcohol bases wipe. It is then left to dry for a few seconds and the injection is delivered within a few seconds. Apart from the injection itself, there is usually no pain as the substance injected does not cause any irritation.

Benefits

The Kenalog injection provides relief to many people with their hay fever symptoms. Many people report that their symptoms are relieved for the entire season and some report that with the assistance of normal over the counter medications, their lives are returned to normality.

Occasionally a second dose of Kenalog is required although it is not recommended that anyone receives over 80mg of Kenalog in one season unless in exceptional circumstances.

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Side effects

Kenalog, as a steroid, is a powerful medication that has been manufactured to reduce the body's inflammatory and allergic responses. One injection of Kenalog is around the equivalent of taking 5mg of Prednisolone, a steroid, once a day for three weeks.

Just like any other medication, Kenalog has side effects, although, at the dose that is given in these circumstances, are extremely rare. A key factor to consider is that unlike with a tablet, that can have an effect for up to 24 hours, an injection will last for at least three to four weeks, and once administered, it is in your system. There are times when the body requires the immune system to be at top strength and there are theoretical concerns that having it suppressed by a steroid injection could cause some issues.

As with all medication, the biggest reaction that the body can have is a severe anaphylactic allergic reaction. If this immediately happens, please be reassured that at the clinic, we have the medication to hand to deal with these circumstances. However, a reaction can be a gradual thing and we must ensure that you seek attention straight away at Accident and Emergency, calling 999 if needed.

The below list of side effects are not limited and others may present, however, as stated above, they are rare, however, we want you to make an informed decision and are happy to answer any further questions you may have.

Swelling of the lips and face, shortness of breath, itchy skin, abdominal pain, depressed mood, anxiety, difficulty in sleeping, hallucinations, risk of infection at the injection site, pale and skin colour changes, mood changes, indigestion, eye problems.

Alternative treatments to hay fever and seasonal allergies

It is always more effective to start treatment for hay fever three weeks prior to the season starting. Many people notice their lives transformed by starting treatment early and continuing treatment throughout the season. This is often difficult to adhere to and many of us only remember the treatment when the season is well under way.

Non-medical treatments available to undertake include; staying indoors on high pollen count days, reduce bare skin as much as possible, frequent showers and vaseline on the nostrils.

Non-prescription medications that are available over the counter that should be considered prior to the Kenalog injection, these are; Antihistamines such as Loratadine, Cetirizine, Acravastine and Chlorphenamine. Eye drops and nasal sprays are also a good alternative.

Prescriptive medications available from your GP include; Prednisolone, Nasal sprays, Fexofenadine, Montelukast and Ranitidine. It is normally in severe cases or special events that oral prednisolone tablets are prescribed.

If you have any further questions regarding this procedure, risks, benefits or alternative treatments, please ask the practitioner. You will be asked to sign and date a consent form prior to receiving the injection confirming that you have read and understood the risks and happy to proceed.

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