

Intratympanic steroid injection

Outpatients Department [patient information](#)

Patient information

You are having an intratympanic steroid Injection in the ear. This information sheet will answer any questions you may have. **It is important to read this information before your procedure.**

What is an intratympanic steroid injection?

An intratympanic steroid injection is an injection of steroids through the membrane of the ear drum. This will be done under local anaesthetic (anaesthetic that just makes the area numb and doesn't send you to sleep)..

What are the benefits of having this procedure?

The injections are used to treat Meniere's disease and sudden onset hearing loss. Oral steroids can be used, but the steroid injection is injected directly into the ear. This should have a higher rate of success. It also helps avoid side effects linked to tablet steroids. This injection can reduce tinnitus (ringing sound in the ear), by helping to increase blood flow to the inner ear. Steroids are anti-inflammatory, causing a 'calm-down' effect on any disease activity within the inner ear. It is known to treat/improve hearing loss.

How do I prepare for the procedure?

Please take your regular medication as usual. This includes blood thinning medicines. Antiplatelet drugs that reduce your body's ability to form clots, such as aspirin and clopidogrel, should also continue.

Please call the outpatient treatment centre anticoagulant line on **0300 019 2145** if you have any questions about your anticoagulants that prevent blood clots such as Warfarin, or direct oral anticoagulants (DOACs) such as aspirin and clopidogrel.

- Please bring your list of medicines.
- Please make sure **you eat** before your procedure.
- Please allow up to four hours for your time in hospital.

What are the risks of having an intratympanic steroid injection?

- Dizziness, this is common for a few hours following surgery
- Nausea, this is also common following the surgery
- All procedures carry the small risk of infection and bleeding
- You may experience pain and discomfort once the local anaesthetic has worn off. You can take your usual method of pain relief once the anaesthetic has worn.

Contact details

If you have any questions, please contact ENT admissions on **0300 019 8434**.

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