

# Hip Injection

The hip joint connects the leg and pelvis. If you have osteoarthritis, rheumatoid arthritis, dysplasia (deformation or malalignment), bursitis (inflammation) or injury to this joint, a hip injection may be recommended.

An injection can help find the source of your pain and result in pain relief that lasts hours, months or permanently depending on the reason for your pain.

## How you should prepare

If your exam is at Suburban Imaging – Southdale:

- Nothing to eat or drink three hours before your exam.

Additional preps for all locations:

- If you have an active infection and are taking antibiotics, the medication course must be complete prior to the procedure, to ensure that no infection remains.
- Bring your appointment form, insurance card and a valid photo ID.
- Please let us know about any of the following:
  - Pregnancy, known or possible
  - Allergies to medications, iodine or x-ray contrast

## Image-guided injections

Our injections are image guided, which means that imaging equipment called fluoroscopy (a type of low-dose x-ray) is used to clearly view the area in real time, on a video monitor. This ensures exact placement of the needle during the procedure.

# Suburban imaging

www.suburbanimaging.com

## Your scheduled appointment

Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ Appointment Time: \_\_\_\_\_

Location:

- Coon Rapids scheduling: 763.792.1999
- Maple Grove scheduling: 763.792.1999
- Southdale scheduling: 952.893.0000

## What happens during your procedure

You will lie on your back on a cushioned x-ray table. The area will be cleansed with an antiseptic solution and a local anesthetic will be applied to numb the area where the needle will be inserted.

After the needle is placed, contrast material is injected to confirm that the needle is in the correct location. Some patients feel a slight pressure sensation or discomfort as the contrast is injected. This is temporary and will gradually dissipate within a short time after the procedure.

A combination of anesthetic and steroid (cortisone) will be injected.

- Anesthetic helps give immediate pain relief because it numbs the area.
- Steroid preparation may be effective in long-term control of your symptoms. It is not a pain reliever, but an anti-inflammatory medication. When inflammation is reduced, pain should also diminish. It may take 10-14 days for the steroid to reach its full potential and for you to feel the most pain relief.



When the procedure is complete, you will be observed for a short time. You should be able to walk comfortably. You should be able to drive yourself home, although you may bring a driver if you prefer.

While the injection only takes a few minutes, the entire exam will take approximately 15-20 minutes, plus time for observation.

## After your procedure

A summary of the procedure and findings will be sent to your healthcare provider.

Unless directed otherwise, you may resume your normal diet and prescribed medications (resume blood thinner medication tomorrow). Rest for the remainder of the day and do not return to work until the next day. Avoid heavy lifting or strenuous activity for 24 hours after the procedure.

You may feel some tingling/numbness in your legs and feet; this is temporary. You may feel soreness or tenderness at the needle insertion site or a temporary increase in pain as the anesthetic wears off and the steroid starts to take effect. You can use an ice pack to relieve discomfort, once every two hours for 20 minutes at a time.

As with any procedure involving a needle, there is a rare chance of infection or bleeding at the injection site. Reaction to the contrast material used during the procedure is also rare (such as itching, sneezing or rash).

>> Map and directions on reverse side >>

## Suburban IMAGING – Coon Rapids

MMEC I, Suite 140  
8990 Springbrook Drive  
Coon Rapids, MN 55433  
main 763.792.1900

## Suburban IMAGING – Maple Grove

Arbor Lakes Medical, Suite 310  
12000 Elm Creek Blvd  
Maple Grove, MN 55369  
main 763.416.7888

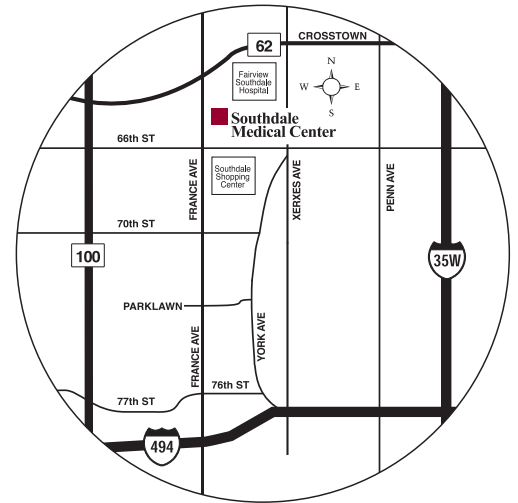
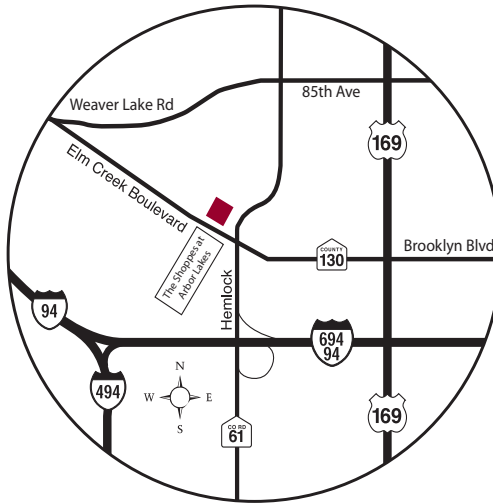
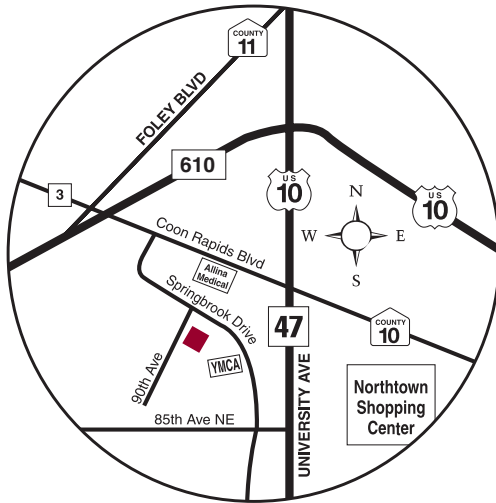
## Suburban IMAGING – Southdale

Southdale Medical Center, Suite 125  
6545 France Avenue S  
Edina, MN 55435  
main 952.405.2777

Suburban Imaging—Coon Rapids is in the center of the building with free parking.

Suburban Imaging—Maple Grove is on the third floor of the Arbor Lakes Medical Building, with free parking.

Suburban Imaging—Southdale is on the first floor of the Southdale Medical Center, with free parking.



### From the North

Take Hwy 10 east and merge onto Hwy 47 (right two lanes). Exit on Coon Rapids Blvd/ Cty Rd 3 (next exit after 610 exit). Turn right on Coon Rapids Blvd, and take an immediate left onto Springbrook Drive. Turn right onto 90<sup>th</sup> Ave. Take the first left into our parking lot.

### From the South

Take I-694 west to University Ave (Hwy 47). Turn right and continue north on University Ave. Turn left at 85<sup>th</sup> Ave. Turn right onto Springbrook Drive; left onto 90<sup>th</sup> Ave. Take the first left into our parking lot.

### From the West

Go east on Hwy 610 and take the Coon Rapids Blvd (Cty Rd 3) exit. Turn right onto Coon Rapids Blvd. At the second stoplight, turn right onto Springbrook Drive. Turn right on 90<sup>th</sup> Ave. Take the first left into our parking lot.

### From the East

Go west on Cty Rd 10, which becomes Coon Rapids Blvd. Proceed past Northtown Shopping Center. Turn left onto Springbrook Drive. Turn right onto 90<sup>th</sup> Ave. Take the first left into our parking lot.

### From the North

Go west on Hwy 610 and exit on Hwy 169 south. Continue south on Hwy 169 and take the Brooklyn Blvd exit. Go right on Brooklyn Blvd (turns into Elm Creek Blvd). Cross Hemlock Lane and take the first right into the Arbor Lakes Medical parking lot.

### From the South

Go north on I-94 to east I-694/94. On I-694/94, take first exit, Cty Rd 61 (Hemlock Lane), and turn right. Continue on Hemlock and cross Elm Creek Blvd. Turn left into the Arbor Lakes Medical parking lot.

### From the West

Go east on I-94 and continue on I-694/94. Exit Cty Rd 61 (Hemlock Lane) and turn right. Continue on Hemlock and cross Elm Creek Blvd. Turn left into the Arbor Lakes Medical parking lot.

### From the East

Go west on I-694/94, exit Cty Rd 61 (Hemlock Lane) and turn right. Continue on Hemlock and cross Elm Creek Blvd. Turn left into the Arbor Lakes Medical parking lot.

### From the North

Go south on Hwy 100 and exit Hwy 62 (Crosstown) going east. Follow to France Ave exit and turn right. Turn left onto 65<sup>th</sup> St and take immediate right into Southdale Medical Center parking lot.

### From the South

Go north on Hwy 100 and exit Hwy 62 (Crosstown) going east. Follow to France Ave exit and turn right. Turn left onto 65<sup>th</sup> St and take immediate right into Southdale Medical Center parking lot.

### From the West

Go west on Hwy 62 (Crosstown). Follow to France Ave exit and turn right. Turn left onto 65<sup>th</sup> St and take immediate right into Southdale Medical Center parking lot.

### From the East

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