What is a hip joint 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.

During the procedure, medicine is injected directly into the joint. 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.

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.

Injections are performed by a board-certified musculoskeletal radiologist, a doctor who has extensive training and expertise in medical imaging and injections of bones and joints.

How you should prepare

- Do not eat solid food 3 hours prior to your appointment.
- 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.
- If you are taking blood thinners (Coumadin, Plavix, Ticlid), you may have to stop the medication prior to the procedure. Contact your healthcare provider before stopping any medication to determine if it is safe for you.
- Inform us if you are or may be pregnant, have allergies to medications or x-ray dye (contrast), diabetic, or had a recent flu shot.
- Bring your appointment form, insurance card and a valid photo i.d. to your appointment.

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 not need to have someone drive you 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.

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

Rest for the remainder of the day and do not return to work until the following day. Avoid heavy lifting or strenuous activity for 24 hours after the procedure.

For two to three days after the injection you may feel soreness or tenderness at the needle insertion site or a minor increase in pain as the anesthetic wears off and the steroid starts to take effect. You can use an ice pack to relieve any discomfort, up to 15 minutes per hour.

As with any sterile procedure involving a needle, there is a small chance of infection or bleeding. Rarely, there could be neural injury, headache, temporary numbness, weakness or facial flushing.

If you have questions, call Suburban Imaging at:
Coon Rapids: 763.792.1900
Maple Grove: 763.416.7888
Southdale: 952.405.2777

**your scheduled appointment**

Date: ________________________________

Time: ________________________________

Location:
- Coon Rapids
- Maple Grove

- Southdale

Special instructions:
- ___________________________________
- ___________________________________
- ___________________________________