

## **Hip Injection**

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### **What is Hip Injection?**

The hip joint is a large joint between the pelvis and leg. You may experience pain if you have inflammation in the joint. The procedure involves injecting medication (steroid) into the hip joint to help reduce your pain.

### **What are the causes of hip pain?**

Osteoarthritis and Rheumatoid Arthritis are among the most common causes of hip pain, especially in older adults. Arthritis leads to inflammation of the hip joint and breakdown of the cartilage inside the joint.

Other causes of hip pain include: fractures, bursitis, muscle strain, cancers and reduced blood flow to your hip joint (avascular necrosis).

### **How is the procedure done?**

You will be lying on an X-ray table on your back. Blood pressure, heart rate and breathing are monitored. The hip joint is identified and marked using fluoroscopy (X-ray) guidance. The injection site is cleansed with an antiseptic soap. Your physician places a small needle into the joint under fluoroscopy. A small amount of contrast is injected to confirm the needle placement. At this time, medication (steroid) is injected followed by a small amount of local anesthetic. The injection may also be done under ultrasound guidance.

### **What are the side effects and complications?**

Side effects and complications are uncommon. Potential side effects and complications include:

- Allergic reaction to medication
- Temporary increase in pain
- Infection

### **How should I prepare myself for this procedure?**

- You should have a driver available to give you a ride home after the procedure.
- If you are on any blood thinners, please call at 701-551-6980 to receive instructions about your medication.

### **When should I call my doctor?**

You should call us immediately if any of the following occur:

- If you experience any swelling, redness, or drainage from the site of the injection
- If you have a fever greater than 100 degrees Fahrenheit