

# Image Guided Hip Aspiration/Injection

Information for patients

---

## What is this leaflet about?

This leaflet will provide you with information about hip aspiration(s)/injection(s) performed under ultrasound or fluoroscopy (X-Ray) guidance; these can also be called Image (USS or Fluoroscopic/Fluoro) Guided Aspiration/Injection.

## What are Image Guided Hip Aspirations/Injections?

Image Guided Aspirations are injections performed using ultrasound or fluoroscopy to help the radiologist to place a needle into the correct location. You will be given a local anaesthetic, like the numbing injection you might have had at the dentist, to help numb the area before the needle is inserted.

## Why do I need this?

The surgeon, physician or specialist who has referred you has decided that an Image Guided Aspiration / Injection is the best method for diagnosis and/or treatment of your symptoms. This should have been discussed with you.

If you are not sure this is the correct treatment for you, you should discuss this with your surgeon, physician or specialist.

## Preparation

You do not need to stop eating or drinking before this procedure and you can continue to eat and drink as normal.

You should wear loose fitting clothing. For thigh or hip aspirations it is advisable to wear shorts or similar.

If you are taking medication that thins the blood, you do not need to stop these, but please tell the staff performing the injection what you take.

**You will need someone to drive you home after the procedure. Driving and operating heavy machinery is hazardous and not advised for 6 hours after the injection because of the local anaesthetic in the joint.**

## What happens when I arrive for my Guided Aspiration?

When you arrive, please check in at the X-Ray reception desk; staff there will tell you where to sit. You will be called to the procedure room by a member of staff. Once in the room they will discuss the procedure with you. You may need to change into a hospital gown for some procedures; otherwise, you may need to remove items of clothing at the area of aspiration/injection.

The Radiologist will ask you for verbal consent for the procedure.

## About Image Guided Hip Aspirations/Injections

The procedure will involve lying on the ultrasound couch or fluoroscopy table. You will be awake throughout the procedure.

The injections are performed using a sterile procedure. The radiologist carrying out the procedure may do an initial scan (using ultrasound or X-Rays) to help mark out the area to be injected. The skin is cleansed using an antiseptic solution or wipe. Local anaesthetic is injected to numb the skin, then using ultrasound, the needle is guided into position and then aspiration or injection is performed.

The injection often involves a mixture of local anaesthetic and a steroid (a long-acting corticosteroid), which is an anti-inflammatory medicine.

## How long will I be in hospital/clinic?

The procedure takes about 10-20 minutes, and you can go home immediately afterwards.

In some cases, there may be a delay in taking you for your appointment, especially if staff are dealing with an emergency or unwell patient. If you have waited for more than 30 minutes after your appointment time, please inform the reception desk.

## Immediate aftercare

You may find that the injected area may feel tingly and numb, this is normal and is caused by the local anaesthetic. Very rarely the whole limb may feel numb or weak, which is related to the local anaesthetic. This can take between 1 and 6 hours to wear off.

## Going Home

It is advised that you bring along someone to drive you home after the procedure, as we would advise you do not drive or operate heavy machinery for at least 6 hours after the procedure.

## Follow-up Care

The results of this aspiration will be sent to the surgeon, physician or specialist that referred you. Your GP will also be sent a copy of the results.

## What can go wrong?

Some side effects (complications) are common with all injections:

- **Pain, discomfort, bleeding, bruising to aspiration/injection site.**
- **Joint Infection** – There is a very low risk of joint infection from this procedure. If your joint becomes swollen, painful and red, or you feel unwell and feverish, then you must seek medical attention immediately.
- **Numbness / Weakness in Limb** – You may get tingling or numbness or a heavy feeling in your limb. This is due to the local anaesthetic, and it can last up to six hours.

- **Steroid Flare** – This is increased pain (sometimes severe) usually 24 hours following a steroid injection. It usually lasts 24–48 hours. It is a normal side effect of the procedure and does not mean anything has gone wrong. You may need to take your normal pain killers. If the pain lasts for more than 3 days, you should contact your GP.
- **Rapidly Progressive Osteoarthritis (RPOA)** - Can affect up-to 6% of people who have a steroid joint injection. This causes joint cartilage to break down faster and you may go on to have worsening symptoms and require additional treatments such as joint replacement more quickly.

**Other Risks** – These risks are associated with an Image Guided Steroid Injection:

- **Skin Depigmentation** – This is whitening of the skin at the injection site. This is not common.
- **Skin thinning** – Steroid injections can cause thinning of fat at the injection site, which can cause pain.
- **Weakening of the tendons** – Steroid injections into or around tendons may weaken them.
- **Allergic reaction** – Such as rash or itching.
- **Post Menopausal Bleeding** – Steroids may cause post-menopausal bleeding in some people.
- **Raised Blood Sugar** – Steroids may cause the blood sugar levels to rise. If you are diabetic, you will need to monitor your blood sugars closely.

**If you are concerned about whether to proceed with the aspiration/injection, you should discuss this with the surgeon, physician or specialist who referred you.**

## Back to normal life

You can resume your normal activities immediately after the procedure.

## Any more questions?

Please contact the surgeon, physician or specialist who referred you.

## Cancellation

While we make every effort to avoid this where possible, there is always a risk that your appointment may be cancelled at short notice. This is due to either emergency patients who require urgent treatment or other reasons which are beyond our control. We realise that this can cause distress and inconvenience, but in the event that your appointment is postponed, you will be offered a new date as soon as possible.

## Keeping your Appointment

If you cannot keep your appointment, or have been given one that is unsuitable, please change it by phoning the number on your appointment letter. Your call will give someone else the chance to be seen and will help us keep waiting times to a minimum.

## Public Transport and Travel Information

Bus details available from:

Lothian Buses on 0131 555 6363 or [www.lothianbuses.co.uk](http://www.lothianbuses.co.uk)

Traveline Scotland on 08712002233 or [www.travelinescotland.com](http://www.travelinescotland.com)

Train details available from:

National Rail Enquiries on 03457 484 950 or [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

## Interpretation and Translation

Your GP will inform us of any interpreting requirements you have before you come to hospital and we will provide an appropriate interpreter. If you are having this procedure as an existing in-patient, staff will arrange interpreting support for you in advance of this procedure. This leaflet may be made available in a larger print, Braille or your community language.