**Hip Joint Injection: What to Expect**

**Pain Interventional Center**

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The Hip Joints are where your thigh bone connects with your pelvis. Arthritis and injury in the hip joint may cause pain in your lower back, hip, buttock or leg. A hip joint injection can help confirm diagnosis and treat the pain.

What is the medicine used in the injection? Are there any side effects?

The doctor places bupivacaine, a local anesthetic and Kenalog, a corticosteroid into your hip joint. The corticosteroid can cause fluid retention and raise blood sugar levels in people with diabetes. If you are on a fluid restriction diet or if you have diabetes, talk with your physician or other medical professional about managing these side effects.

Are these the same steroids that athletes take?

No. The steroids used in the hip injection are corticosteroids, which lessen swelling and irritation.

Will the injection cure my pain problem?

The corticosteroid does not cure the problem. It reduces inflammation and reduces pain.

You should follow up with your orthopedist for other treatment options.

Is there anything I need to do before my procedure?

You will get a list of medications you will need to stop prior to the procedure. You may take your other routine medications that day if they are not on the list. You may eat a light meal prior to the procedure. You will need a ride home after the procedure due to possible weakness/numbness in your legs.

How is the procedure done?

The procedure is done with you lying on your back. The physician will first numb your skin with local anesthetic. You may feel a stinging and burning sensation with this injection. After the skin is numb, the physician will give you the hip joint injection using x-ray guidance. The actual injection usually takes less than 10 minutes to give, but you should allow 1-2 hours for the entire clinic visit.

Is a hip joint injection safe?

Yes, this procedure is safe. However, there are risks, side
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effects and the possibility of complications as there are with any procedure. Your doctor will discuss these with you prior to the injection.

Who should not have a hip joint injection?

People who are currently taking blood thinning medications like Coumadin (Warfarin) should not have a hip joint injection. If you are taking any blood thinning medication, you will need to stop taking them before the procedure. You should discuss this with your primary care physician or cardiologist in order to weigh the risks and benefits of stopping these medications.

Who should not have a hip joint injection?

People who have a fever or any sign of infection at the time of appointment should not receive an injection. A woman of childbearing age who knows that she is pregnant (or thinks she may be pregnant) should not have the injection. Please talk to your doctor if you have any concerns.

When can I go back to my normal activities after receiving a hip joint injection?

You may not drive for 6 hours after the procedure. You can resume your normal activities as tolerated by you immediately after leaving the clinic.

What do I do if the hip joint injections do not work for my pain?

You should follow up with your orthopedist for further treatment options.

Additional resources

- If you are a member of Northern California, you can visit your physician home page at kp.org/mydoctor.
- For more information about your medicines, visit our drug encyclopedia at kp.org/medications or consult with a Pharmacist.
- Contact your Kaiser Permanente Health Education Center or Department for health Information, programs, and other resources.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.

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