

Joint (Intra-articular) Injection or Bursa Injection (Shoulder, Hip, Knee)

What is the purpose of this procedure?

Joint (intra-articular) and bursa injections are used to evaluate and manage joint pain. **Joint (Intra-articular)** injections are an injection in the joint itself. A **bursa** injection is an injection of a fluid-filled sac that produces a gliding surface to reduce friction between moving muscles or tendons. The injections may be **diagnostic** to see whether a particular joint is the cause of your pain. They may also be **therapeutic** in the form of a steroid to reduce inflammation (swelling) caused by arthritis or overuse.

What are the risks associated with this procedure?

The risks are infrequent. They include:

- Allergic reaction to medication
- Nerve damage
- Bleeding and bruising at the injection site
- Pain at the injection site or during the injection
- Infection
- Injection of medication into a blood vessel
- No improvement or worsening of your pain in some cases
- Steroid injections may also cause a temporary increase in blood sugar especially in diabetics.

How should I prepare for the procedure?

- You must have a driver with you at the time of check in and check out. Your driver must accompany you to the clinic for your procedure. You can be discharged only to the care of a responsible adult driver 18 or older.

- You may need to stop taking certain medications several days before the procedure. Please remind the doctor of all prescription and over-the-counter medications you take, including herbal and vitamin supplements. The doctor will tell you if and when you need to discontinue the medications.
- It is very important to tell the doctor if you have asthma or had an allergic reaction to the injected dye for a previous radiology exam (CT scan, angiogram, etc). An allergic reaction has symptoms such as hives, itchiness, difficulty breathing, or any treatment which required hospital stay. The doctor may prescribe medications for you to take before having the procedure.
- Tell the doctor if you develop a cold, fever, or flu symptoms before your scheduled appointment, or if you have started taking antibiotics for an infection.

What will happen during the procedure?

The procedure is performed on an outpatient basis using a special x-ray machine called a fluoroscope or an ultrasound machine.

1. Depending on the location of your injection you will either sit on the side of a stretcher, or lay down on the procedure room table.
2. The skin over the injection area will be cleansed. During the procedure your heart beat, blood pressure, and oxygen saturation will be monitored.
3. The doctor numbs a small area of skin. This may sting or burn for a few seconds.
4. A small needle will be directed into the intra-articular space or into the bursa under x-ray or ultrasound guidance. Once in the space the doctor injects the anesthetic solution.

What should I expect after the procedure?

After the procedure you will spend 20-30 minutes in the recovery area. Many people experience immediate relief from the injection but it may take several

days before the steroid starts working. If you have soreness in the area of the injection apply an ice pack. You may resume your usual activities the following day. Some possible side effects include: reaction to medication (rare), bruising or pain at the injection site, and flare up of typical joint pain.

If you would like further information including videos of procedures, please visit our website: <http://www.umpain.com/>

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