



Having a steroid hip injection

This leaflet explains what happens during a steroid hip injection in the Radiology (X-ray) Department at the Royal Berkshire Hospital. The procedure is carried out by a radiologist (specialist X-ray doctor).

What is a steroid hip injection?

It is a specialised X-ray procedure, in which steroid and local anaesthetic are injected into the hip joint using X-rays as guidance.

Why do I need this procedure?

Your doctor or Community Musculoskeletal Service has referred you for this procedure to help with your symptoms / pain. A steroid is a powerful anti-inflammatory medication that eases joint or tendon inflammation.

How long will it take?

Please arrive a few minutes before your appointment time. The procedure itself takes about 20 minutes.

What does it involve?

You will be taken into the X-ray room where the radiologist (specialist X-ray doctor) will talk to you about the procedure, confirm the area to be injected and your symptoms. You will lie on the X-ray table and lower your trousers or skirt to below hip level. A paper sheet is tucked into your underwear and the skin over the injection site will be cleaned with antiseptic. Local anaesthetic will then be injected into the skin to numb the area before a different needle is used to inject the steroid into the hip joint, guided by X-ray. Despite the local anaesthetic, some people experience mild discomfort during the injection, such as a slight pinch or ache. The injection typically takes less than a minute to perform. Compression will be applied to the area to stop any bleeding before placing a plaster over the injection site. The plaster can be removed later that day or the following morning.

Do I need to prepare for it?

There is no preparation required before you attend for the procedure. However, if you are **taking any medications that thin the blood** (e.g. apixaban, warfarin), **you weigh over 30 stone** (200kg) or **you have any allergies to any medicines, especially iodine**, please contact us beforehand by telephoning 0118 322 7991 or email rbft.radiologyadmin@nhs.net.

Will it hurt?

As with any injection into the skin, you will feel a short, sharp scratch and then possibly an achy feeling during the steroid injection, which lasts less than a minute.

Are there any risks?

This test involves X-rays. The amount of radiation used is kept to a minimum and is equivalent to the amount of background radiation you naturally receive over 3-5 weeks.

This test should not be performed if there is any chance that you might be pregnant as radiation is potentially harmful to the baby. Women of childbearing age should have their appointment within 10 days of the first day of their last period, to avoid being X-rayed in early pregnancy. .

- You may experience some bruising around the injection site.
- You may experience a steroid flare (1 in 10 chance), which causes the joint to become more painful for up to 2 days after the injection. Please take simple painkillers (e.g. paracetamol or ibuprofen), following dosage instructions on the packet.
- It is very rare that you may experience an infection (1 in 10,000 chance). This would happen 3-5 days after the injection and the area would become painful, hot, swollen and may discharge fluid. If this happens, please contact your GP or attend A&E as soon as possible as you will likely need antibiotics.
- If there is little or no pain relief after two weeks, the steroid treatment did not work. This would indicate that there was no inflammation present and there is a different reason for your symptoms. This means it would not be worthwhile repeating steroid injections and your referring doctor will need to look at other treatment options.

Are there any alternative procedures?

There is no alternative procedure available in this Trust.

How will I get the results?

Your referring doctor will receive a copy of the X-ray report. Your referring doctor will either arrange a letter to inform you of your results or a follow up appointment in the outpatient clinic.

After the examination

We typically advise **against** driving home, so please arrange for someone to collect you or use public transport or a taxi. Please avoid strenuous activity for at least 2 days following the injection. You can eat and drink as normal.

The steroid takes up to 2 days to start working and 7-10 days to work fully. If the steroid does work well for you within 10 days, then the effects typically last for 3-4 months.

Contacting us: Radiology Department Tel 0118 322 7991. Email: rbft.radiologyadmin@nhs.net.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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