Joint Injection
Radiology Service

Information for patients

What is a Joint injection?
Joint injections are performed to relieve inflammation and pain of the affected joint. An injection of corticosteroid and/or local anaesthetic is used.

What to Bring:
Bring any relevant imaging scans (film packet or a CD containing X-rays, CT scans, ultrasound or MRIs etc.).

Preparation:
Arrange for someone to take you home from your procedure.

What to Wear:
Wear loose comfortable clothing with easy access to the affected joint.

Eating/ drinking:
You may eat and drink as normal.

Medications:
Tell staff at the time of booking if you are taking any blood thinning medications (e.g. Warfarin, Xarelto, Rivaroxaban, Pradaxa, Apixaban, Eliquis) or any antiplatelet medications (e.g. Clopidogrel, Plavix, Aspirin) as they may need to be ceased.

Continue taking other medications as prescribed, unless directed otherwise by medical or nursing staff prior to your procedure.

On the day of your scan, please bring with you a list of all medications you are taking.

Procedure:
The procedure will be performed under ultrasound, CT or fluoroscopy guidance.

Your skin will be cleaned with an antiseptic wash and local anaesthetic will be used to numb a small section of skin over the affected joint.

A needle will be inserted through the numb patch of skin into the affected joint. Once in the correct position a corticosteroid and/or local anaesthetic will be injected. During this time you may feel some pressure that may be slightly uncomfortable. The needle will then be removed and a small dressing will be placed over the procedure site.
Post Procedure Care:
Generally you will be able to go home immediately after your procedure if you have no other medical conditions or concerns that require further treatment.

You will be provided with an information sheet regarding discharge instructions upon completion of your procedure.

Results:
The results together with the procedure report will be sent to your referring doctor.
Return to your doctor to discuss examination results.

Radiation Risk:
Most medical imaging tests, except MRI and ultrasound, involve exposure to radiation from X-rays. Your doctor considers that the benefits of the examination you require to be greater than the small risk posed by the radiation exposure.

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References
Inside Radiology: www.insideradiology.com.au
The Royal Australian and New Zealand College of Radiologists®

If you would like to provide feedback contact us at patient.information@alfred.org.au