



# Trochanteric Bursa Injection

A trochanteric bursa injection is an injection into the trochanteric bursa in the hip area. The trochanteric bursa is a thin sac of tissue that contains fluid to lubricate the hip joint and reduce friction in that area. Sometimes the bursa can become inflamed and painful due to too much friction or injury. An injection into the bursa can help to relieve pain and inflammation.

## Why do I need to have the injection?

The trochanteric bursa injection can help reduce pain and inflammation in the trochanteric bursa. It involves injecting local anaesthetic medication with or without steroid medication. The local anaesthetic medication can help to treat the pain by reducing the pain signals to the brain and the steroid medication can reduce inflammation in the painful area.

## Who does the procedure?

The injection is usually carried out by a doctor in the Injection Room on the Admissions and Day Case Unit (ADCU). They may use an ultrasound machine or X-ray to guide the injection.

## What is injected?

The injection consists of an anti-inflammatory drug (corticosteroid) and sometimes may also include a local anaesthetic.

## Important information

Before your injection you must inform ADCU (Admissions and Day Case Unit) staff if you are:

- pregnant or may be pregnant,
- diabetic,
- feel unwell,
- have an infection, cold or persistent cough,
- have any allergies,
- taking any of the following medication: Antibiotics, Aspirin, Warfarin or Clopidogrel or other tablets taken to thin the blood

(some of these may need to be stopped some days before).

Failure to do so may result in your procedure being cancelled on the day.

## How effective is the injection?

For many people the injection can produce noticeable improvements in symptoms. However their effectiveness cannot be guaranteed or predicted. The effects can last for weeks, months or even years and the injection can be repeated if symptoms return.

## What are the risks of the procedure?

- Infection.
- Damage to small veins when the needle is inserted.
- Bleeding causing local bruising or bleeding around the nerve.
- Nerve damage.
- Adverse reaction to injection which may be mild or life threatening (anaphylaxis).
- If you are diabetic then the injection may raise your glucose levels. Glucose levels should be monitored for up to 1 month after your injection. If there are any changes in diabetic symptoms then patients should consult their GP.
- Facial flushing for a few days.
- Temporary discomfort for a few days after your injection.
- For females - temporary alteration of your menstrual cycle.

Please note: the risk of complications with this procedure are small. Please discuss any concerns with the clinician looking after you.

## On the day of your procedure

- Please arrive at ADCU (Admissions and Day



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## Trochanteric Bursa Injection

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Case Unit) no more than 10 minutes before your appointment time as the waiting area is limited.

- Take any medication as normal unless advised otherwise. Bring a list of your tablets with you.
- You can eat and drink normally before arriving although you won't be offered anything once admitted. This is to aid your comfort during the procedure and is an additional safety measure in case of complications.
- You will be admitted to ADCU (Admissions and Day Case Unit) and assessed by a nurse. This is to make sure you are fit and ready for the injection. You will have the opportunity to ask any questions at this stage.
- The Doctor carrying out your injection will also see you before you have the procedure.
- As your trochanteric bursa injection is being carried out as a day case you will normally be admitted for half a day. You may be asked to stay overnight but this is unusual.

### **What will happen after the trochanteric bursa injection?**

You will be asked to rest in the chair or trolley/bed after the procedure during which time you will be monitored by the nursing staff who will check your:

- Blood pressure
- Injection site

Once you have passed urine you will be able to make arrangements for going home.

Please note: you must not drive yourself home or use public transport. For your own well being we advise that you are collected by a relative or

friend. Hospital transport can only be booked if there is a medical need and you meet the set criteria.

### **Back at home**

It is important that you take things easy for the rest of the day. Do not do any excessive exercise or heavy work for the first few days.

If a dressing is in place, remove the dressing the morning following your procedure.

Continue to take your pain relief tablets until you notice an improvement in your symptoms.

### **Follow up appointment**

Need for a follow up appointment will be discussed before you are discharged.

### **Can't make your appointment?**

If for any reason you cannot make your appointment you must let the scheduled care coordinator know as soon as possible. You can contact the department on 0121 685 4334, Mon-Fri 8.30am to 4.00pm. This will enable the vacant appointment to be filled by someone else. Your appointment will not be automatically re-booked unless you call to tell us you are not coming.

### **Who do I contact if I have any problems following the procedure?**

From 9am – 5pm you can call ADCU (Admissions and Day Case Unit) 0121 685 4080 or contact the Secretary for the clinician you are under. Outside these hours contact the 'bleep holder' through switchboard at the ROH (0121 685 4000).

### **Patient Support**

Our Patient Advice and Liaison Service (PALS) offers help, support and advice to patients, their relative, friends and carers. PALS can help answer questions you have about hospital services; respond to problems or concerns; and



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## Trochanteric Bursa Injection

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welcome your suggestions or comments, both positive and negative. PALS can be contacted by phone, Monday to Friday, 8.30am and 4.30pm. See contact details below.

### **Patient Experience**

As a hospital we are committed to listening to the views of our patients and using the feedback to inform service improvement plans. You may be asked to complete a number of surveys at different stages during your treatment. Please help us by completing the questionnaires. Your participation is greatly appreciated.

### **Contact Numbers**

PALS

0121 685 4128

Scheduled Care Coordinator

0121 685 4334

ADCU (Admissions and Day Case Unit)

0121 685 4080