

HOW TO GET TO THE NATIONAL ORTHOPAEDIC HOSPITAL CAPPAGH



The National Orthopaedic Hospital Cappagh is easily accessible from the M50 or Dublin City Centre.

From M50: Exit at the N2 (exit 5) for Finglas / City Centre. Go straight at first traffic light junction, then straight through next roundabout, then take the Finglas / Cappagh slip road.

Turn right at the traffic lights, up Mellows Road. Veer left to traffic lights at Church with high steeple. Turn right at these traffic lights up Cappagh Road, to traffic lights at T-Junction, turn right and the National Orthopaedic Hospital Cappagh is the third entrance on the left. (Just after Pedestrian Lights).

From City Centre: Take the N2, pass Glasnevin Cemetery, turn left just after the footbridge at Finglas. Continue passing church on your left, through set of traffic lights, up to next traffic lights at T-Junction, turn right and National Orthopaedic Hospital Cappagh is the third entrance on the left. (Just after Pedestrian Lights).

Doc. No: IM-NOHC-33
Rev. No: 4
Issued: 21.02.2023

This document is controlled as per the hospital Document Control Procedure and as such is subject to change at any time - Please refer to www.nohc.ie for the latest version of this document.

AFFIX LABEL:

Should you require any further information or if for any reason, you cannot attend for the scheduled appointment, please contact
The Admissions Department
01 814 0430 / 01 814 0452

Please bring this leaflet with you on day of test



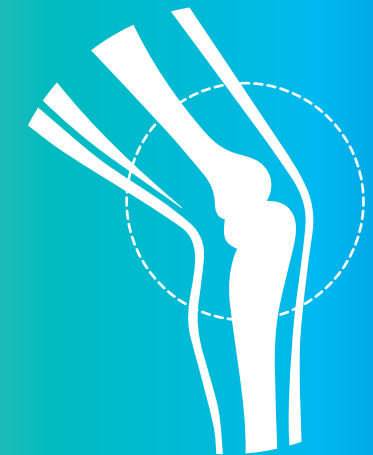
Day ward
T: 01 814 0445
E: dayward@nohc.ie
W: www.nohc.ie

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Information for patients about Joint Injection / Aspiration



[nohc.ie](http://www.nohc.ie)

What is done during a joint aspiration / injection?

Joint injections or aspirations (taking fluid out of a joint) are usually performed in the out patient or day care setting. Your Doctor will thoroughly cleanse your skin, the joint is then entered with a needle attached to a syringe. At this point, either joint fluid can be obtained (aspirated) and used for appropriate laboratory testing or medications can be injected into the joint space.

What benefit is derived from a joint aspiration?

Joint aspiration is usually done to help with diagnosis or treatment. Fluid obtained from a joint aspiration is usually sent to the laboratory for analysis.

What benefit is derived from a joint injection?

A joint injection is the administration of medication into the joint which may temporarily decrease joint pain and stiffness.

What medication is usually injected into a joint?

Corticosteroids / Hyaluronic Acid are frequently used. They are anti-inflammatory agents that slow down the accumulation of cells responsible for producing inflammation and pain within the joint. Local anaesthetic is also used to reduce joint pain.

Important information

Please inform the Day Care Unit if you have a cough or cold or any kind of infection. If you are taking Asprin 75mgs please continue to take same until the day before your procedure. If you are taking any other blood thinning tablets, for example warfarin, plavix, clopidogrel, pradaxa (dabigatran), and xarelto (rivaroxaban), please contact your GP. Note: This is not an exhaustive list. If you are not sure if you are on a blood thinning tablet please contact your GP. If you have any queries please ring the Medical Registrar here in Cappagh (01 814 0400 between 12 midday and 3.00pm).

Please bring all your tablets / inhalers with you on admission.

Information for Pregnant / menstruating individuals

We need to know the start date of your last menstrual period due to the use of x-ray equipment. If you think that you might be pregnant contact the Day Care Unit for advice.

Which joints are commonly injected?

Commonly injected joints include the knee, shoulder, hip, elbow, wrist and the small joints of the hands and feet. Some joint injections may require the aid of a type of x-ray called fluoroscopy for guidance.

Known risks and side effects associated with joint injections and aspirations

Complications are rare but include:

- Allergic reaction to the medication injected into the joint
- Post injection flare – joint swelling and pain several hours after the injection, this usually subsides within a couple of days
- Depigmentation and local fat atrophy at the injection site
- Rupture of a tendon located in the path of the injection
- Infection

Are there situations where a joint injection should not be given?

The most common reasons for not performing a joint injection include:

- The presence of an infection in or around the joint
- If the patient has a known allergy to the medication being injected
- Inflammation or cuts on the skin

Do not discontinue medication without advice.



What happens on the day of your appointment

- You can eat and drink as normal
- Take all your tablets as normal unless instructed. Otherwise, bring all of your tablets / inhalers with you
- On arrival at the Day Care Unit you will be met by a nurse who will take some details from you and record your pulse and blood pressure. You will be asked to change into a hospital gown
- You will be asked to sign your consent form
- You may ask any questions and discuss any issues you may have with the doctor

You can drive home or go home on public transport.



After your injection

- Take things easy for the rest of the day. Do not do any excessive exercise or heavy work for the next few days
- Remove the dressing the next morning
- Continue to take your pain tablets until you notice an improvement in your symptoms
- If you have any cause for concern please contact the Day Care Unit or the Outpatients Department
- If you become unwell please attend your local Emergency Department

Information for Diabetics

- **Please have breakfast before your appointment**
- **Please take all your diabetic medications / injections**
- **If your blood sugar levels are elevated, your procedure may be rescheduled**

AFFIX LABEL:

Consent for Joint Injection and/or Aspiration procedure

I, _____
have read and understood the attached information.

I voluntarily consent to the following procedure:

Indicate: Left side or Right side

I understand that the procedure carries with it risks and that unanticipated complications may arise.

Signed: _____
(Patient / Guardian)

Date: _____

Signed: _____
(Doctor)

Date: _____

Doctors Name: _____
(BLOCK CAPITALS)

MCRN: _____