

Instructions for joint injections under sedation

Before joint injections

If your child is going to have joint injections under sedation, he or she needs to be seen in the Pre-Op clinic before the day of the procedure. The doctor ordering the joint injections will arrange for this appointment.

In the Pre-Op clinic, an Anesthesiologist will make sure that it is safe for your child to receive sedation for the procedure. The Anesthesiologist will also explain the type of sedation (e.g. mild sedative or a general anesthetic) that will be used on the day of the injections.

Getting ready for the injections

**Your child must have an empty stomach before the procedure.
You must follow these instructions or your child's injections
may be cancelled.**

- Your child may have a meal up to 8 hours before the procedure.
- Your child may have a light snack, formula or milk up to 6 hours before the procedure.
- If your child is still breastfeeding, then he or she may have breast milk up to 4 hours before the procedure.
- Your child may have clear fluids, such as water, up to 2 hours before the procedure.

**Your child should have nothing by mouth
in the 2 hours before the procedure.**

Coming to the hospital

Come to the hospital 30 minutes early to pick up Aristospan[®] from the outpatient pharmacy just inside the main entrance of McMaster Children's Hospital.

We recommend that you come to the hospital by car or taxi. Please do not plan to take your child home by bus. It is helpful to bring another adult with you.

Please arrive on time for the injections on 3D. The pediatric rheumatologist who is performing the injections will meet you on 3D. He or she will check your child's joints and explain the procedure to you in detail. The sedation nurses will start an intravenous (I.V.) and take blood samples for testing, if needed.

Plan to be at the hospital for 3 to 4 hours. Most of this time will be spent preparing for the injections, and then waiting until your child is fully awake and ready to go home. The joint injections usually take about 30 minutes.

After joint injections

Please read the handout "Caring for your child after sedation for a test or procedure" for more information on the recovery from sedation.

Your child should rest the joint that was injected as much as possible for the next 24 hours. If joints in the legs were injected, your child should avoid walking, except to go to the bathroom.

Your child may have mild pain in the 24 hours after a joint injection. It is safe to give your child Tylenol[®] (acetaminophen) to relieve pain. The pain should be better the next day.

See a doctor right away if your child has any of these signs of infection in the first 48 hours after the injection:

- Fever, a temperature above 38°C (100.4°F)
- Feeling unwell
- Severe pain, redness, swelling and/or heat in the injected joint