

2. My knee / shoulder / elbow is swollen and I think it may need aspirating and injecting, what should I do?

The application of ice packs may help to reduce the swelling.

Aspiration and injection of the joint(s) with steroid is sometimes helpful; however if more than one joint is affected your medication may need adjusting and an intramuscular steroid injection may be required to achieve better control of your arthritis.

Some GPs are able to perform joint aspiration and injection; however if your own GP cannot do this please call the advice line to discuss further and arrange an earlier review in the injection clinic if appropriate.

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