



Sacroiliac Joint Injection

Sacroiliac joint injections are performed to relieve pain from the joint that connects the sacrum and the ileum, which are two large bones in the low back/pelvis area above your hip socket. A numbing medication that is sometimes mixed with cortisone (steroid) is injected in or around the joint. Although uncommon, risks may include bleeding, infection, nerve damage and allergic reaction to the medication.

PREPARATION

Getting Ready for Your Procedure

To get ready for the injection, you will need to do the following:

- Tell your doctor the medications and herbal supplements you take, be sure to include aspirin and other over the counter medications. Ask whether you should stop taking any of your medications before the procedure. Refer to the medication form available at your clinic.
- Tell your doctor if you are pregnant or if you have any allergies, especially to medications, iodine or shellfish.
- If asked, bring x-rays, MRIs or other tests with you on the day of your treatment.
- For your protection, do not eat any food for at least 6 hours before your arrival time. You may drink clear liquids such as tea, black coffee, clear soda, clear juices (such as apple or cranberry) or water up to 2 hours before your arrival time but please do not drink any full liquids such as milk, orange or grapefruit juices.

The Day of the Procedure

The injection is performed in a hospital or outpatient surgery center.

- You may be examined by your physician and/or the nurses in the facility.
- You may be given an IV (intravenous) line for fluids or sedation medication.

THE PROCEDURE

In the Procedure Room:

- You will lie on an exam table on your stomach. It is important to stay as still as you can.
- The skin over the injection site will be cleaned with cold soap. This may or may not be the same area where your pain is located.
- The doctor will numb the skin with a local anesthetic.
- Fluoroscopy (x-ray imaging) will be used to help your doctor see where the injection needs to go. A contrast "dye" will be injected into the joint to help obtain a better image.
- A numbing medication with or without steroids (medications to reduce inflammation) will be injected into/around the joint.



POST PROCEDURE

After the Procedure

You can usually go home in about 30 minutes. You will need to have a responsible driver if you are planning to have sedation for the procedure. You may be provided with a pain diary. If so, you will be asked to keep track of your pain relief for the next 6 hours by completing the pain diary. During this period, try to be active and do activities that normally cause your pain. You will be asked to bring the pain diary with you to your next appointment. You may experience some temporary numbness in your buttocks or legs.

Ask your doctor when it is okay to return to work. In some cases, you may need more injections to get pain relief. Your doctor will advise you when to schedule a follow up appointment to discuss the results of your injection.