

Sacroiliac Joint Injection

What is the sacroiliac joint?

- A large joint in the region of the low back/buttocks area where the hip bone joins the spine
- You have a right and left sacroiliac joint. Your provider will decide which one (depending on the location of your pain) to be injected. If both are injected, this is called "bilateral".

Why would this injection be helpful?

- By placing numbing medication into the joint, the amount of relief experienced will help to confirm if the joint is the source of pain.
- If a steroid is used, it may help reduce the inflammation . Your provider will determine whether or not steroid is used and each individual patient may respond differently. On average, results may last up to 2-3 months.

Risks and side effects?

- Your provider will discuss risks with you at the time the procedure is ordered.
- Common short term side effects may occur including numbness, weakness, or increased pain.

What happens during the procedure?

- You must arrive 30 minutes prior to your scheduled appt. The nurses will ask you medical questions, have you sign your consent, and review your medications.
- Once in the procedure room, you will lay in a prone position (on your stomach) for the procedure. This will allow the provider to best visualize the joint under x-ray guidance.
- The nurse will monitor your vital signs throughout the procedure.
- Your skin will be washed with an antiseptic solution.
- The provider will direct a small needle into the joint using x-ray guidance. A small amount of contrast dye is injected to ensure proper position in the joint space. Next, a small amount of numbing medicine (local anesthetic) or a mixture of anesthetic and steroid will be injected.

What happens after the procedure?

- You will go to the recovery room for monitoring until discharge criteria is met.
- Follow your discharge instructions.
- Keep track of your pain relief. A nurse will call you the next business day after your procedure to check on you further.