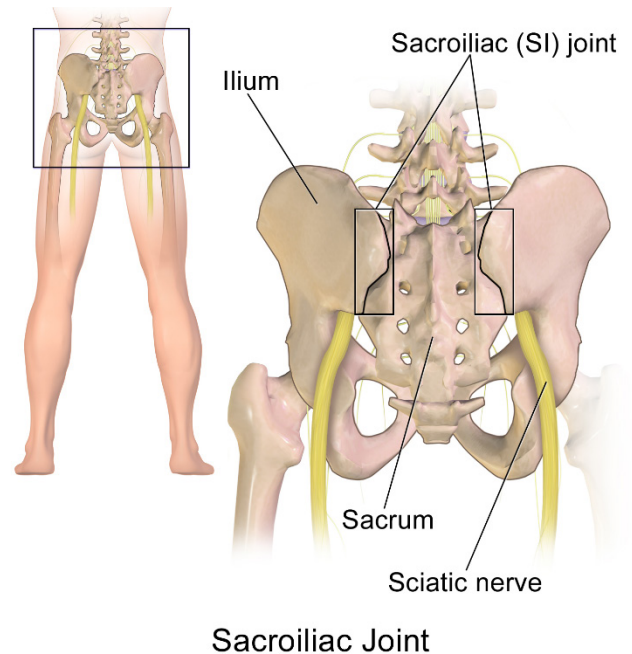


# Sacroiliac Joint (SI Joint) Injection

## What is the purpose of this procedure?

The sacroiliac joint is the largest joint in the spine and a common source of low back and buttock pain. It is susceptible to arthritis and strain from trauma, misuse, or repetitive injury. Injecting local anesthetic and steroids into the joint helps identify it as a source of your pain. The injection may provide relief for a period of time and allow other therapies, such as physical therapy, to be more effective.



## What are the risks associated with this procedure?

The risks are infrequent. They include:

- Allergic reaction to medication
- Nerve damage
- Bleeding and bruising at the injection site
- Pain at the injection site or during the injection
- Infection
- Injection of medication into a blood vessel
- No improvement or worsening of your pain in some cases.
- Steroid injections may also cause a temporary increase in blood sugar, especially in diabetics.
- Temporary leg numbness or weakness is possible due to spill of medication onto nearby nerves.

## **How should I prepare for the procedure?**

- You must have a driver with you at the time of check in and check out. Your driver must accompany you to the clinic for your procedure. You can be discharged only to the care of a responsible adult driver 18 or older.
- If you are going to receive sedation, do not eat within 6 hours before the procedure. Small amounts of clear liquids are ok up to 2 hours before the procedure. If you have diabetes discuss an eating and medication schedule with your doctor.
- You may need to stop taking certain medications several days before the procedure. Please remind the doctor of all prescription and over-the-counter medications you take, including herbal and vitamin supplements. The doctor will tell you if and when you need to discontinue the medications.
- It is very important to tell the doctor if you have asthma or had an allergic reaction to the injected dye for a previous radiology exam (CT scan, angiogram, etc). An allergic reaction has symptoms such as hives, itchiness, difficulty breathing, or any treatment which required hospital stay.
- Tell the doctor if you develop a cold, fever, or flu symptoms before your scheduled appointment, or if you have started taking antibiotics for an infection.

## **What will happen during the procedure?**

The procedure is performed on an outpatient basis in a special procedure room equipped with a fluoroscope (x-ray). In the pre-procedure area, the nurse or doctor will place an IV line. This is used for fluids and sedation.

1. When you get to the procedure room for your safety and comfort you will be connected to monitoring equipment (EKG monitor, blood pressure cuff, and blood oxygen monitoring device), and positioned on your stomach.

2. Your back and buttock are cleansed with an antiseptic soap after which the doctor injects numbing medicine into your skin, this will cause a burning sensation for a few seconds.
3. The doctor then carefully directs a needle with help of the fluoroscope (x-ray) to the sacroiliac joint. Contrast dye is injected to show the location and ensure correct needle placement. The doctor will then inject the steroid and anesthetic solution.

### **What should I do after the procedure?**

After the procedure you will be taken to the recovery area for 20-30 minutes. Many people experience immediate relief from the injection but it may take several days before the steroid starts working. If you have soreness in the area of the injection apply some ice. You may resume your usual activities the following day.

**If you would like further information including videos of procedures, please visit our website: <http://www.umpain.com/>**

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