

Sacroiliac Joint Injections

What is a Sacroiliac Joint Injection?

A sacroiliac joint injection is used to treat pain or confirm the site of your pain.

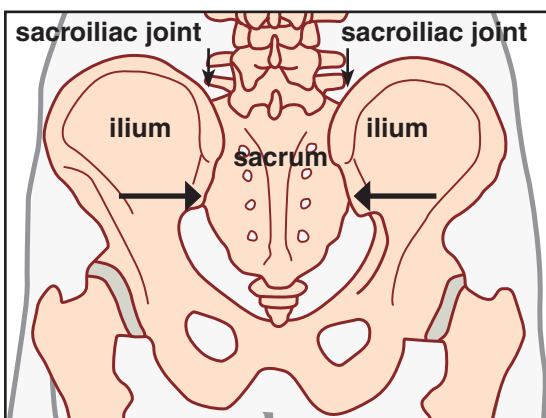
The sacroiliac joint is a large joint in the low back, where the spine meets the pelvis.

Pain in the joint can be caused by injury or arthritis. It can cause discomfort in your low back, buttocks, groin and legs.

A small amount of a numbing medicine (anesthetic) and a steroid will be injected into your sacroiliac joint. Your health care team will use X-ray to guide them to the correct spot.

How do You Prepare?

- Arrange for someone to drive you home after the injection because you may have some numbness that could make driving difficult.



© Allina Health System

The sacroiliac joint is a large joint in the low back, where the spine meets the pelvis.

Your Appointment

Date: _____

Time: _____ a.m. / p.m.

With: _____

To cancel, please call the United Pain Center at 651-241-7246 at least 24 hours before your appointment.

- If you take blood thinner such as warfarin (Coumadin®), heparin, clopidogrel (Plavix®) or ticlopidine (Ticlid®):
 - Call the Patient Care Line at 651-241-7365 as soon as you schedule your appointment. You will receive special directions.
- Do not eat any solid food for 6 hours before the injection.
- You may drink clear liquids up to 2 hours before the injection.
- Take your regular medicine(s) with a small sip of water.

(over)

What Happens After the Injection?

- You'll be in the clinic recovery room for a while as your health care team will watch to see if the injection is effective and check for any reactions.
- The anesthetic in the injection will relieve your pain for up to 12 hours. After that, you might have some sore muscles, burning and numbness before the steroid takes effect.
- The injection site might be sore for a few days. You should ice the site three times a day for 20 minutes until the soreness is gone.

It is best to avoid heavy exercise or sitting in one position for long periods of time after your injection. Your discharge instructions will tell you when you may resume normal activities. You can continue your stretching exercises as tolerable.

Will There Be a Follow-up Appointment?

Before you leave the clinic, a nurse will review your discharge instruction sheet and plans for follow-up.

If you receive pain relief from the injection, your health care provider may talk with you about a treatment option to provide longer lasting pain relief.

Together, you and your health care provider will decide what's right for you.

Are There Complications (Problems) From an Injection?

Infection is a potential complication. Please call the Patient Care Line at 651-241-7365 if you have any of these symptoms:

- unusual swelling
- severe pain
- new weakness or numbness that doesn't go away
- fever
- warmth or redness at the injection site.

Whom To Call With Questions

Call the Patient Care Line at 651-241-7365 Monday through Friday from 8 a.m. to 4 p.m.