

## INFORMATION ABOUT YOUR PROCEDURE

### **SACROILIAC JOINT INJECTION**

#### **H**ow we do the procedure

The **sacroiliac (SI) joint** is one of the major joints in the pelvis and is often involved in causing pain in the lower back and hip especially when you limp. SI joint pain typically occurs in the hip and may radiate into the lower back, thigh, groin or buttock. For this procedure, you will be lying face down on the procedure table with a pillow under your abdomen. Your back will be cleansed with Betadine and a sterile drape will cover the area. The doctor will inject the skin with local anesthetic to numb the area that will be injected. A small needle will be inserted into the joint under x-ray guidance using our fluoroscopy machine. We will inject dye to make sure the needle is in the proper place and to ensure the steroids flow to the SI joint. Once in position, a local anesthetic agent and a steroid (NOT the kind that increases muscle size in athletes) are injected to bathe the inflamed joint and hopefully reduce the inflammation to decrease your pain.

#### **W**hat to expect

Once the local anesthetic has worn off, typically after several hours, your pain may return. The steroid will begin to work in 1-5 days to reduce inflammation. We will ask you to keep track of how long you get relief from this injection. If no substantial effects are obtained after one or two injections, we will discuss other alternatives.

#### **R**isks

The risks include bleeding, infection and a reaction to any of the medications used for the procedure. We use sterile technique to avoid infections. If you are taking a "blood thinner" (anticoagulant), we will give you special instructions before the procedure to avoid excess bleeding.

#### **S**afety Precautions

Since your ability to drive may be impaired for several hours, we ask that you have someone drive you home.

Injected steroids occasionally cause nervousness, difficulty sleeping, a flushed feeling (like hot flashes), an increased appetite, an elevated blood sugar, or a "moonface" (rounded face) for several days.