

# Sacroiliac Joint Injection

## □ **What is the Sacroiliac Joint?**

This joint is connection between the sacrum of your spine to the ilium of your pelvis. It may be a source of low back or hip pain.

## □ **Why is a sacroiliac joint injection helpful?**

First, it helps us confirm if the joint is the source of your pain. This can be done by measuring the amount of pain relief you feel after an injection of numbing medicine (anesthetic) into the joint. In combination with the anesthetic, a time-released steroid can be added which may prolong the relief of pain for several weeks. During this time of relief, participation in physical therapy or chiropractic treatment may be optimal, and therefore may be coordinated with this injection.

## □ **What will happen to me during the procedure?**

You will be lying on your stomach for this procedure with pillows positioned for optimal comfort. After the lower back area is prepped with special soap, numbing medicine will be injected in a small area of skin, which will sting for a few seconds. Next, a small gauge needle will be guided by X-ray into the joint. Contrast dye may need to be injected to ensure that the medicine flows correctly and not into a blood vessel. A small amount of numbing medicine and anti-inflammatory steroid will then be injected slowly into the joint and the needle will be removed.

## □ **What are the possible side effects of the injection?**

- Bruising
- Temporary dizziness
- Temporary numbness
- Muscle ache from the needle insertion
- Infection (rare)
- Spinal cord or brain injury (very rare)

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

Immediately afterwards, you may be given an injection report form which will ask you to monitor your pain levels after the procedure. We will review this with you before you depart the clinic. Your health care provider who referred you for the injection will assess the outcome of the procedure with you to determine the future course of your treatment.

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Your doctor may refer you to a physical therapist or chiropractor right after the procedure while the numbing medicine is active, and over the next few weeks while the steroid is working.

We prefer that you have a ride home, and if you do, you can leave right after the procedure if you feel otherwise normal. If you do not have a ride home and have not had any oral or i.v. sedating medicine, you can drive yourself home after being observed for 30 minutes and do not develop any neurological symptoms following the injection.

- **General instructions before and after the injection:**
- Do not eat for 6 hours before the procedure.
  - If you are an insulin-dependent diabetic, take half of your insulin dose if your blood sugar is normal.
  - Take your routine medicines before the procedure (such as high blood pressure and diabetes medicines). Do not take aspirin and all anti-inflammatory medicines (such as Motrin/ibuprofen, Aleve, Relafen, Daypro). These should be stopped five days before the procedure and can be restarted the day after the procedure.
  - Unless you and your healthcare provider decide otherwise, do not take your regular pain medicine the day of the procedure, but you can restart it after the procedure, if needed.
  - If you are on coumadin, heparin, you must call our office to determine how long these medications should be stopped before the procedure and whether a blood draw is necessary. Typically coumadin is stopped for 4 days pr
  - If your procedure has a diagnostic purpose, we discourage the use of sedating or pain medication at the time of the procedure, as this may alter your perceptions of pain that are not related to the injection. If you receive any sedating or narcotic medication, you will need to have someone drive you home. You may return to your current activity level the next day, including returning to work.

Because this is a non-urgent medical procedure, it is important that you do not have a high temperature, lung infection or other acute infectious illness at the time of the injection. If you are concerned about your fitness for the injection, please call your health care provider.

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I have read the note above, and my questions regarding the proposed procedure have been answered satisfactorily.

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Signature

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Date

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Print Name

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Date of Birth