



## **Sacroiliac Joint Injection**

### **What is a sacroiliac joint (SI joint) injection?**

A sacroiliac joint injection is an injection of medication that helps relieve lower back, buttock, and occasionally leg pain.

It can be used to treat:

- Sacroiliac Joint Dysfunction

Sacroiliac joints are located on both sides of your low back/buttocks. A steroid medication and local anesthetic are injected into the sacroiliac joint which can help reduce pain in that area.

### **How is a sacroiliac joint injection performed?**

First, you'll be given an intravenous medication to relax you. Then, you'll lie on your stomach on an x-ray table.

The doctor will numb an area of skin on your lower back/buttock with a local anesthetic (numbing medication). Then, guided by an x-ray, he or she will:

- Insert a needle through the numb spot until the joint is accessed
- Inject dye to confirm that medication will go to the correct spot
- Inject a steroid medication with numbing medication

Usually, the procedure takes less than 30 minutes, and you can go home the same day.

### **How effective is a sacroiliac joint injection?**

Some patients report pain relief immediately after the injection, but the pain may return a few hours later as the anesthetic (numbing medicine) wears off. Longer term relief usually begins in two to three days, once the steroid begins to work.

### **What are the risks?**

The risk of complication from a sacroiliac joint is very low. However, there could be bruising or soreness at the injection site. Serious complications, including infection and bleeding, are uncommon.

**What happens after the procedure?**

Your lower back/buttock may feel numb or “different,” and you may begin to feel less pain. You can continue your regular diet and medications immediately, but do not drive or do any rigorous activity for 24 hours after the procedure. Take it easy. You can return to your normal activities the next day.

Your physician will schedule your follow up appointment.

**Is a sacroiliac joint injection the correct treatment for you?**

A sacroiliac joint injection may be right for you if you have lower back/buttock or even leg pain. Talk to your physician about your symptoms and he/she will help decide what is right for you.