

Sacroiliac Joint Injection

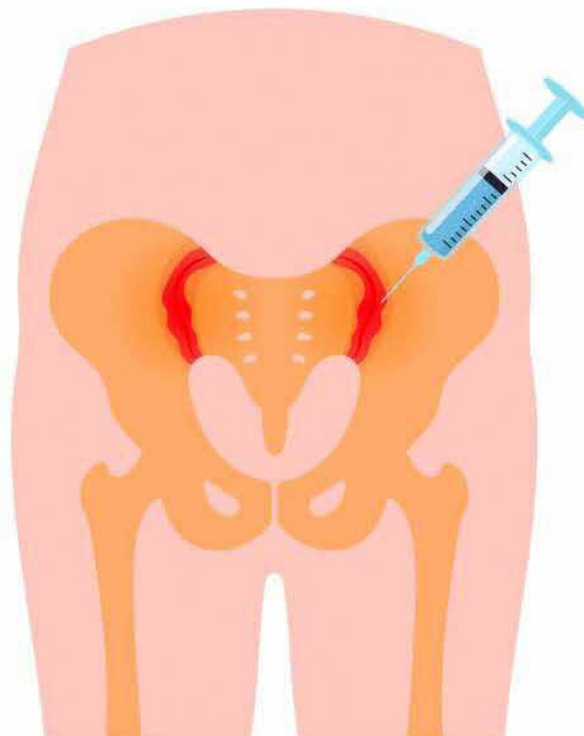
What is a sacroiliac joint injection?

The sacroiliac joint is a joint between 2 large pelvic bones (sacrum and ilium), and degeneration, injury or inflammation of this joint can cause pain in the lower back, pelvic or buttock area.

A sacroiliac joint injection (SJI) is an injection to administer medication into this joint and surrounding area to produce pain relief.

Why do I need this procedure?

A SJI may be used as both a diagnostic (allows your physician to determine if the pain experienced is due to the sacroiliac joint) and a therapeutic (provides pain relief) intervention



What are the preparations?

Your pain specialist will review your history and examine you prior to deciding if a sacroiliac joint injection is appropriate to address your pain. Please provide your doctor with accurate and complete information regarding:

- Medical issues
- Current medications, especially blood thinners
- Allergies
- Previous procedures, and
- Pregnancy or possibility of pregnancy

Specific instructions regarding fasting and your medications will be given to you separately, and should be followed closely as this allows us to perform the procedure as safely as possible.

How is the procedure performed?

- The procedure is done with you lying face down on a table and commonly requires X-Ray or ultrasound guidance.
- You might be given some medication to reduce your anxiety and discomfort associated with the procedure.
- The area being injected (lower back) is cleaned, and a small needle is guided using an X-Ray or ultrasound to the sacroiliac joint. Where X-Ray is used, some contrast (dye that is seen on X-Ray) is injected to confirm accurate and appropriate placement of the needle.
- Local anaesthetic (LA), with or without corticosteroids, is then administered through the needle.



What are the risks and complications of the procedure?

Sacroiliac joint injections are generally very safe, with a low risk of severe complications.

Common side effects:

- Bruising and soreness at the injection site
- Temporary numbness and/or weakness of the legs
- Initial worsening of pain



Rare but serious complications:

- Infection around the injection site
- Bleeding
- Injury to surrounding nerves resulting in prolonged or permanent leg weakness or numbness
- Bowel injury
- Severe drug allergies
- Local anaesthetic toxicity
- Seizures



What can I expect after the procedure?

- You will be monitored for some time prior to discharge back home or to the ward.
- Vital signs will be taken regularly and our nursing staff will discuss some post-procedure instructions with you.
- If you are being discharged home, you should be accompanied home by a responsible adult and you must not drive home by yourself.
- There might be some soreness and numbness at the injection point, but this is usually temporary. The injection point should be kept clean and dry for the next 2-3 days.
- There should be pain relief initially, but this can be followed by recurrence of pain the next day when the LA wears off. This should improve after 2-7 days once the corticosteroids start to take effect.
- Your doctor will review you after the procedure to assess its effectiveness and counsel you regarding further management.

What are the other options?

Your pain specialist will discuss other therapeutic options to address your pain as indicated.

These may include medications, physiotherapy, psychological intervention, surgery, or a combination of any of these modalities.



Contributed by Department of Anaesthesia

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