INTERVENTIONAL SPINE & PAIN INSTITUTE OF NEW ENGLAND

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SACROILIAC JOINT STEROID INJECTIONS

What is a Sacroiliac Joint Steroid Injection?

A sacroiliac joint steroid injection is the injection of steroid into the sacroiliac joint (SI) space in the pelvis.

Why is a Sacroiliac Joint Steroid Injection performed?

A sacroiliac joint steroid injection is performed to diagnose the cause of your pain or to treat your pain.

Is there any preparation for this procedure?

No. It is also **important to eat and drink** prior to your procedure. (Follow your normal diet).

What happens during the procedure?

You will be placed in the prone position (face down) on the table in the fluoroscopy room. Your lower back will be cleansed with an antiseptic solution and your skin will be numbed with a local anesthetic. The physician will use fluoroscopy (x-ray) to guide the placement of the needle into the sacroiliac joint involved. The patient may experience a "deep" ache with the needle placement. Once the correct placement is confirmed, the doctor will slowly inject dye, then the steroid with the local anesthetic.

You may feel some pressure in your back or some re-creation of your pain symptoms during the injection. The doctor will inject the medication slowly in order to decrease your discomfort.

How long does the procedure take?

Approximately 30 minutes.

Are there any contraindications for the procedure?

Bleeding problems, infection or pregnancy.

Is there special care or instructions to follow after the procedure?

A band-aid will be applied at the injection site. You will return to the recovery area. A nurse will monitor your vital signs for 20 minutes. Your discharge instructions will then be reviewed and you will be able to go home. You may experience numbness or weakness in your leg after the procedure. If this occurs, you may be escorted to your vehicle in a wheelchair.

REMEMBER ⇨ Having a driver after this procedure is recommended but not required.