

## Sacroiliac (SI) Joint Injection

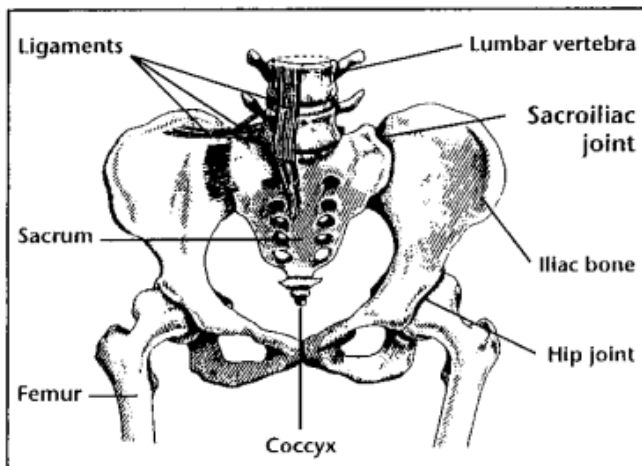
### General information

The SI (sacroiliac) joint is between the sacrum (which is the end part the spine) and the iliac bone (part of the pelvis). Prolonged standing, sitting or injuries are associated with pain at this joint. The pain often radiates into the buttocks or legs. The purpose of an SI joint injection is to help manage pain. The injection usually consists of local anesthetic and steroid. The steroid will help reduce inflammation and swelling of the tissue in the joint space.

**Before your procedure, please tell your doctor if you have any allergies or take any blood thinning medication.**

### Procedure

This is an outpatient procedure. You will lie on your abdomen on the X-ray table. The area will be cleansed with an iodine solution and then numbed with a local anesthetic. (This usually feels like a pinprick followed by 5 to 10 seconds of slight burning.) Using X-ray guidance, the doctor will inject local anesthetic and usually steroid medicine into the SI joint region.



### After the procedure

- You may feel numbness, tingling, burning or slight weakness in the area injected, or in the buttocks and leg on the same side of the injection site. These feelings will gradually wear off.
- Walk with help if numbness is present.
- You may go back to your normal activities as tolerated. Let pain be your guide.
- A small bruise and tenderness at the injection site is normal for 1 to 2 days.
- You may apply ice as directed, or gentle heat if ice is not helpful.
- You may remove the bandage and bathe or shower the next day.
- If you were given steroid medicine, it will begin to work in 24 to 48 hours, and the effect may last a long time.
- Steroids can increase blood sugar levels. If you are diabetic your blood sugar levels may elevate for several days. Call your primary doctor if you have concerns.
- **If you have stopped your blood thinning medicine, check with your doctor about taking this again.**

### Call us:

- If you have excessive bleeding, persistent chills, or fever over 100° F.
- If there is a major change in the pattern or level of your pain.

**In case of emergency, call your doctor. If you cannot reach a doctor, go to the nearest Emergency Room and ask them to call your doctor.**