

Sacroiliac Joint Injection

Outpatient Pain Team Advice

What is a sacroiliac joint injection?

The sacrum is the large bony part at the bottom of the spine. It feels like one bone but is actually five bones which have grown together. The hip bone is called the ileum and the area where it joins the back is known as the sacroiliac joint. Sacroiliac joint injections may be used to diagnose and treat certain types of lower back pain. The injection is performed using a mixture of local anaesthetic and steroid.

What are the benefits of sacroiliac joint injections?

The aim of treating sacroiliac joint pain is to both relieve the pain in the joint and any inflammation present.

Are there any risks?

Sacroiliac joint injections are safe and as they are performed under x-ray guidance the chances of harm are small.

What are the alternatives?

The alternatives will have been discussed with you at your consultation. These can include measures such as physiotherapy and acupuncture.

Before your procedure

You may eat and drink normally. Please arrive in good time for your appointment. Do not drive yourself home, please arrange to have someone with you or to collect you.

Tell the doctor if:

- You are taking blood thinning drugs such as warfarin, clopidogrel or aspirin.
- You have a problem with bleeding.
- You are allergic to local anaesthetic.
- You have any other serious medical problems.

On arrival at the clinic

Please report to the reception desk and you will be shown to the waiting area. Prior to the procedure the doctor will explain the treatment and you will be able to ask any questions that you may have. When you are satisfied that you want to go ahead and sure you fully understand what the procedure entails you will be asked to sign a form giving consent to your treatment.

How is the procedure performed?

There is no need to get fully undressed as we only need to see a small area of your back. You maybe asked to change into a hospital gown. Please wear loose comfortable clothing.

You will be asked to lie face down onto the x-ray table and to expose a small area of your back. The skin of the lower back is sprayed with antiseptic which is cold and local anaesthetic is injected into the area, this may sing a little. The doctor will then position a fine needle into the joint under x-ray guidance. You may feel a pushing sensation or some discomfort at this stage. Once in the correct position the injection is given and you may notice a sensation of tightness in the area.

After the procedure

You will be taken to the recovery area where you will rest for about 30 minutes. During this time the nurse will assess you and ensure that you are ready to return home with your escort. Do not drive for 24 hours.

How will I feel?

For a few days after the treatment you may find that the pain is worse than before. This does not mean the injection will not work but is due to the procedure itself. It usually settles after a few

days. Rarely the local anaesthetic may spread causing feeling of numbness in your legs. This is temporary and will resolve.

It is a good idea to take things easy for the rest of the day and avoid strenuous activity.

As your pain decreases you should try to gently increase your exercise. Simple activities such as a daily walk or swimming will help to improve your muscle tone and strengthen your back. Increase your activity slowly and try to pace yourself as if you do too much you will end up paying for it with increased pain the following day.

Follow up arrangements

These will have been discussed with you prior to discharge from the clinic.

If you have any questions or concerns about this procedure

Please contact:

Christine Yates (Clinical Nurse Specialist, Chronic Pain).

Tel: 01273 265978

If you require this document in a language other than English please inform your interpreter or a member of staff.

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Se precisa deste documento noutra língua por favor informe o seu interprete ou um membro do pessoal.

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