



Sacroiliac Joint Injection

What is a sacroiliac joint injection?

Sacroiliac joints are joints that join the lowest part of the spine, the sacrum to the pelvis. There is one on each side. They help to support weight and act as a suspension when walking. The joints can become inflamed causing pain. A steroid injection into the sacroiliac joints can help to relieve the pain by reducing the inflammation.

What does it involve?

- You will be lying on your front for the procedure, which usually takes 10-20 minutes. Local anaesthetic is injected into the skin and a fine needle is passed toward the joint under X-ray guidance.
- Once the needle is confirmed to be in the joint, we inject steroid and local anaesthetic.

Does it work?

The injection is used primarily to diagnose the source of your pain. The local anaesthetic numbs the joint so if the sacroiliac joint is the source of pain, you should experience significant pain relief within 15 minutes of the injection, which may last for a few hours. Again, if the sacroiliac joint is a source of pain then there may be some prolonged pain relief from the steroid which may last over 6 months. More often the pain returns within days, weeks or a few months after the procedure in which case you may undergo a potentially longer lasting treatments such as Radiofrequency Denervation. (Rhizolysis).

Risks and side effects

Due to the procedure:

- Infection – rare.
- Possible discomfort for the first few days after your injection.
- Bruising to the injection area.

- Leg numbness and weakness are very rare side effects.
- Temporary difficulty taking weight through the injected side.
- Allergy to injected medication

Due to the injected steroid:

- Facial flushing for a few days.
- Temporary alteration of your usual menstrual cycle (females).
- Temporary increase in your sugar levels (diabetics)

What happens on the day of my appointment?

- You can eat and drink.
- Take all your tablets as normal. Bring a list of your tablets with you.
- Please arrive at the Admissions and Day Case Unit (ADCU) no more than 10 minutes before your appointment time as waiting area is limited.
- A nurse will take some details from you to check that you are fit for your procedure.
- You will be at the ADCU for about 2- 4 hours. This time may vary depending on unforeseen circumstances.
- A doctor, not necessarily your consultant will come and see you. You will be asked to sign a consent form. The doctor will be able to answer any questions you may have at this time.
- Please bring a dressing gown and sensible footwear with you. You will be asked to walk to the treatment room on ADCU.
- After you have had your procedure, you will need to stay with us for a short period of time.



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You must NOT drive home or go home on public transport. Please arrange for someone to collect you from ADCU. You are allowed to go home by taxi.

After your Injection

- Take things easy for the rest of the day. Do not do any excessive exercise or heavy work for the first few days.
- Remove the dressing the next morning

Important information

- Please inform ADCU if you are diabetic, have a cough or cold or have any kind of infection.
- You must inform us if you are taking any of the following tablets – antibiotics, aspirin, warfarin or clopidogrel or any other blood thinning medication before attending as some of these may need to be stopped some days before.
- Your procedure may be cancelled if you do not inform ADCU of the above before your appointment date.
- If you cannot make your appointment date, you must let the ADCU scheduled care coordinator know as soon as possible on 0121 685 4334, Mon-Fri 8.30pm-4.00pm. This will mean that the appointment can then be given to someone else. Thank you.

Information for females

We will need to know the start date of your last menstrual period due to the use of X-ray equipment. If you think you might be pregnant, contact ADCU for advice on 0121 685 4080 between 9am - 3pm (Mon-Fri).

Smoking

This Trust has a No Smoking Policy.

Patient Support

Our Patient Advice and Liaison Service (PALS) offers help, support and advice to patients, their relative, friends and carers. PALS can help answer questions you have about hospital services; respond to problems or concerns; and welcome your suggestions or comments, both positive and negative. PALS can be contacted by phone, Monday to Friday, 8.30am and 4.30pm. See contact details below.

Patient Experience

As a hospital we are committed to listening to the views of our patients and using the feedback to inform service improvement plans. You may be asked to complete a number of surveys at different stages during your treatment. Please help us by completing the questionnaires. Your participation is greatly appreciated.

Contact Numbers

PALS	0121 685 4128
ADCU	0121 685 4080
ADCU Care Coordinator	0121 685 4334

Further Information

www.roh.nhs.co.uk
www.nhsdirect.nhs.uk
www.spinalmedical.co.uk