

Sacroiliac Joint Injection

The sacroiliac joint is the largest joint in your body and can be the source of lower back, groin, and lower extremity pain. A sacroiliac joint injection will help to serve as a method by which the physician will be able to diagnose whether the pain is coming from this particular joint or somewhere else. It is also a treatment that may provide long-term relief.

Conditions treated

You may benefit from a Sacroiliac Joint Injection if you suffer from:

- Sacroilitis
- Sacroiliac joint pain
- Groin pain
- Low back pain

Duration

Less than 30 minutes

How is it performed?

Prior to the steroid injection, you will be lying on your stomach. The site of the injection will be cleansed, and your physician will administer a dose of local anesthetic to numb the area. Under the guidance of fluoroscopic x-ray or ultrasound, your physician will insert the needle into the proper location. Once assured the needle is in the correct place, the steroid solution will be injected. Your vital signs will be monitored for the duration of the procedure.

Prior to your procedure

You should continue taking all medications except blood thinners before the procedure. Please see your medication handout to know when to hold and resume these medications.

What are some of the risks and side effects?

This procedure is a relatively safe, non-surgical treatment, with minimal risks of complications. Some of the most common or possible side effects are:

- Muscle cramping, increased appetite, flushing, headache, elevated blood sugar and nausea, which can last up to 2 weeks. Within the first 1-3 days, patients will commonly get a flushed, red face and a headache, which is related to the steroid medication itself.
- If you have congestive heart failure or are prone to fluid retention, you should monitor your weight each day after the procedure and call your doctor if you have a weight gain of more than 3 pounds.
- If you have glaucoma and experience blurred vision, you should call your ophthalmologist to have your eye pressures checked.
- Hiccups and temporary weakness in the legs have been reported, but again are very infrequent.

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What to expect after the procedure

Once the steroid is injected, you may feel brief pins and needles and/or pressure in the legs. As the numbing medication wears off over the first couple days, you may experience an increase in pain. Once the steroid begins to work, you should experience pain relief.

Ice is typically more helpful than heat during the first few days after the injection.

You should not drive or engage in physical activity for 24 hours following the procedure.

You should resume medications and regular eating habits immediately. Please see your medication handout for instructions on resuming blood thinners or ask your doctor.

You should call your doctor if you experience a fever over 101 within 72 hours of the procedure.

