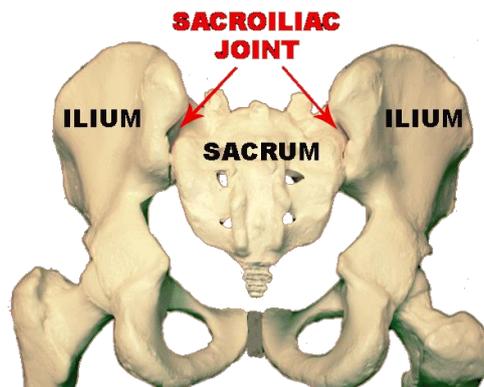




Sacroiliac Joint Injection – Patient Information

The sacroiliac joints are the lowest two points in the spine where the sacrum joins the pelvis creating two relatively immobile joints. These joints are commonly the cause of pain for patients experiencing pain below the waist line in their back.



In order to establish whether pain is coming from these joints a person can undergo a sacroiliac joint injection. This procedure involves an admission to hospital as a day patient. You will be prepared for theatre and wear a theatre gown. Once you are on the operating table an Anaesthetist will place a cannula (small needle) in your arm to provide sedation (light anaesthetic). Using a thin needle and x-ray guidance, anaesthetic is injected into the nerve that attaches to the joint. The procedure takes approximately 15 to 20 minutes on each side. It is performed with you lying face down.

The injection will usually start providing relief within 30 to 60 minutes after the procedure.

As local anaesthetic only is injected for this procedure the relief that you might experience will be temporary. If the injection confirms that your pain is coming from the sacroiliac joints then your Doctor will discuss your options for further treatment. A repeat sacroiliac joint injection using a steroid will provide short term relief (less than three months) while radiofrequency lesioning (rhizolysis) will provide between one to two years of relief. These options will be discussed in detail at your appointment with your Doctor following your procedure.

Before your Procedure

- have nothing to eat or drink for six hours before your procedure (you may drink a small amount of water only up until you leave home on the morning of your procedure)



- arrange for an adult to escort you home by car (you cannot drive for 24 hours after your procedure)
- arrange for an adult to be present with you for 24 hours following your procedure
- notify your Doctor if you are taking fish oil, blood thinning or diabetic medication

Following your Procedure

- you will usually be discharged after two to three hours
- do not drive or operate heavy machinery for 24 hours following the procedure
- you may have minor bruising and pain around the injection site
- a follow up appointment will be made for you to consult with your Doctor three weeks following the procedure
- there are no limitations to returning to work or your usual physical activity following this procedure

Complications and Side Effects

- pain and bruising over the injection sites
- temporary exacerbation of pain
- no or partial response to the injection
- potential risk of introduction of infection
- risk of damage to blood vessels or nerve tissue