

What are the potential complications of the procedure?

- Allergic reaction to the medication or dye
- Bruising/soreness at the injection site
- Infection at the injection site or deeper in the joint

How often can I get an injection?

If you obtain relief from the injection, it may be repeated up to two to three times per year, along with physical therapy and/or a rehabilitation program.

What should I expect after the procedure?

Your nurse will review all of your discharge instructions with you.

Patients will be contacted by the nurse for a follow up in 7 to 10 days.

Please keep track of your pain and consider making a follow up appointment with your referring provider four to eight weeks after your injection.

If you have questions about your procedure please call the Pain Clinic:

802 748-7345

If you speak another language, language assistance services, free of charge, are available to you. Ask for assistance.

Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Demandez de l'aide.

Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Pedir ayuda.



NORTHEASTERN VERMONT
REGIONAL HOSPITAL

The Pain Clinic

PO BOX 905, 1315 HOSPITAL DRIVE
ST. JOHNSBURY, VERMONT 05819
802 748-7345



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THE PAIN CLINIC INFORMATION FOR OUR PATIENTS

Sacroiliac Joint Injection (SI Joint)

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What is sacroiliac joint dysfunction?

SI joints connect the pelvic bones to the spine. They are small, but they absorb all the forces of the upper body before balancing and transferring the weight to the hips and legs. When one or both of these joints become irritated or injured, they can cause chronic discomfort and pain in the lower back, buttocks, and sometimes groin and legs.

What is an SI joint injection?

A numbing agent and a steroid are injected into one or both of the SI joints. This injection may help pinpoint if it is pain coming from the SI joint and may also ease this pain. Although there is not a cure for sacroiliac joint dysfunction, SI joint injections may be effective in reducing inflammation of the joint and providing considerable to complete pain relief for an extended period of time.

Before the procedure:

If you are taking blood thinners, antibiotics, steroids, have an active infection, or have a bleeding disorder, you should not have the procedure without further discussion and a plan.

Please let us know of any allergies you have, especially to local anesthetics, contrast dye, and latex.

This injection includes the use of a steroid that may elevate your blood sugar after the procedure. If you have diabetes, your blood sugar should be under control the day of the procedure and you should have a plan to cover your blood sugar if it's elevated after the procedure.

You will not be able to drive after the procedure. Please make sure that you have a driver to take you home. Your appointment will be rescheduled if you do not have a driver.

How is a SI joint injection performed?

You will lie on your stomach. The skin over the joint is cleaned with antiseptic solution. The injection is performed under x-ray guidance, first by injecting a small amount

of contrast dye, followed by an anesthetic agent and steroid medication. One or both sides of the joint may be injected.

What medication is injected?

A contrast dye is used to verify the injection placement. The pain relieving medication is commonly a combination of numbing agent (local anesthetic) and a steroid.

How long does the procedure take?

The procedure usually takes 20-30 minutes.

How long does the injection last?

If you obtain relief from the injection, immediate but temporary pain relief (lasting a few hours) may occur from the local anesthetic. The benefit from the steroid medication will typically occur within two to four days but may take up to 10 days. The benefits from the procedure may last for several months.