



Sacroiliac (SI) Joint Injection

What is a SI Joint Injection?

A SI joint injection is an injection of steroid medication into the sacroiliac joint.

What is the sacroiliac joint?

The sacroiliac (SI) joint is a joint which separates hipbone and the tailbone.

Who can benefit from Sacroiliac Joint Injections?

Patients with back pain, buttock pain or hip pain can benefit from SI Joint Injection. Patients with continued back pain after surgery may also benefit from SI Joint Injection.

How do SI joint injections help?

Steroids are potent anti-inflammatory medicines which can decrease swelling and pain. Because the medications are delivered to the site of pain, smaller doses can be given, generally with more relief than medicines given by mouth.

How often can these injections be given?

Your doctor will determine how many injections should be given, however, 5 to 6

injections can usually be given per year. Your relief from each injection will determine how many injections can be given.

What are the possible side effects?

As with any procedure, a small number of patients may experience side effects which will be explained in more detail by your doctor. A few potential side effects are listed below, however, the vast majority of patients experience no side effects at all.

- Bleeding
- Infection
- Nerve damage
- Lack of relief
- Localized pain at the injection site

What if I am diabetic?

Your blood sugars may be increased for a few days following the injection and may require closer monitoring.

What if I am taking blood thinning medications? (Eg., Coumadin, Plavix, Ticlid, Aggrenox):

Coumadin must be stopped 5 days before your procedure and you must have some

laboratory studies taken immediately before your procedure (Eg., PT, INR). Your doctor may ask you to stop other medications before your procedure as well..

Does the injection hurt?

The area is numbed with local anesthetic before the injection, thus most patients experience only moderate discomfort.

Will I have any restrictions?

You should take it easy on the day of an injection. Driving is generally not permitted on the day of a procedure. Otherwise no restrictions are present.

What if I have other questions?

Your doctor will be happy to answer any questions you may have either before or on the day of your procedure.