

## **Sacro-iliac Joint Injection Information.**

### **Why am I having this procedure?**

The sacro-iliac joint is a large joint in the region of your low back and buttocks. When the joint becomes irritated it can cause pain in the immediate area around the joint or it can refer pain to your groin, abdomen or leg. By giving you this injection the doctor will be able to confirm whether or not this is the source of your pain. In addition, you may experience a prolonged period of pain relief.

### **What is a sacro-iliac joint injection?**

The procedure involves the injection of a local anaesthetic (a numbing medicine) and an anti-inflammatory drug into the joint. After numbing the skin, the doctor will insert a fine needle into the joint. This is done with or without X-rays. The doctor may want to use X-rays to ensure the medication is being deposited into precisely the correct place. There will be more than one injection into the joint.

### **What will I be able to do afterwards?**

After 30 minutes you should be able to walk and then go home. Before you go we will ask you to describe your pain on a scale of 1-10. On occasion your leg may feel temporarily numb or weak for a few hours and this is why you should have someone with you. Do not walk without assistance if this happens. Do not drive or drink alcohol for twenty-four hours after the procedure. You may resume your normal level of activity the following day and should be able to return to work, although some people may experience a temporary increase in pain. Your doctor may send you for physiotherapy and if this is the case then you should have an appointment for some time in the two weeks following your procedure. If this was discussed with you and you do not have an appointment please inform us.

It is important to realise that any relief obtained from this procedure should be used to gradually increase your activity levels. It is also important to realise that your own daily exercise programme is for life and stopping it will usually cause the pain and stiffness to return.

### **Are there any risks involved?**

There is an element of risk involved in all the procedures and treatments that you may have at the pain clinic. However you should remember that these risks are usually minimal. Your doctor will discuss these fully before your procedure and will be happy to answer all your questions.

### **Who should I contact if I need help afterwards?**

You can contact the Pain Clinic on between 9-2pm, Monday to Friday. Outwith these hours you should contact your GP or NHS 24.

Before you leave we will give you a letter for your GP, which you should hand in to your surgery a few days after the procedure. If you need help overnight

or at the weekend then take this letter with you so that the doctor will know what you have had done.