

How do I take care of myself at home?

- **Do not** take a bath, go swimming, or use a hot tub for the next 24 hours. You may shower any time.
- Remove the bandage(s) 24 hours after the procedure or if it becomes wet (i.e., if you take a shower).
- If the injection site is painful, apply ice or a cold pack over the injection site no more than 15 minutes at a time, about two to three times each day as needed.
- You can take an anti-inflammatory such as ibuprofen, or medication that you normally take for pain.
- You may eat and drink as usual.
- Avoid strenuous activity for 24 hours.

When to get help

Contact your primary care provider or the pain program if you have:

- fever above 38.5°C (101°F)
- any local pain, swelling, and/or redness at the injection site
- headache that does not go away

If your primary care provider is unavailable, go to the nearest emergency department.

Locations

Royal Jubilee Hospital
Memorial Pavilion 2nd floor
1952 Bay Street, Victoria
Tel: 250-519-1836

Central Island Pain Program
Nanaimo Regional General Hospital 2nd Floor
1200 Dufferin Crescent, Nanaimo
Tel: 250-739-5978

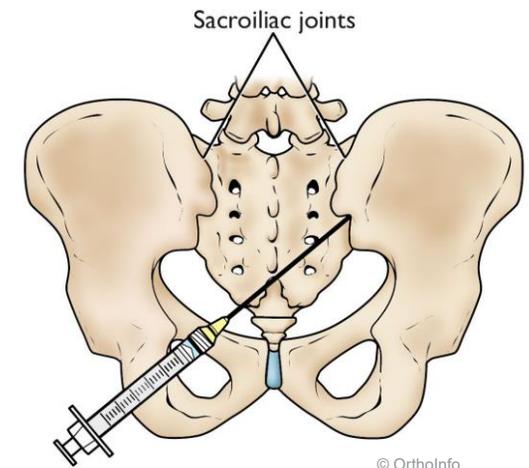


Island Health Pain Program Website:
<https://www.islandhealth.ca/our-services/pain-program-services/pain-program>



Sacroiliac Joint Injection

Pain Management Clinic



What are the sacroiliac joints?

The sacroiliac joints (SI) are paired structures (on the right and left) that connect the spine to the pelvis and allow for motion. Like other joints in the body, the SI joint is surrounded by a capsule that contains lubricating fluid.

What is a Sacroiliac (SI) Joint Injection?

This procedure involves injecting local anesthetic (similar to dental freezing) and then corticosteroids (steroids) into the joint capsule of the SI joint to treat pain in your lower back, buttock, or upper leg.

Who does the procedure?

The physician will explain and complete the procedure, which takes about 15 minutes.

Will I be asleep for this procedure?

- No, you are awake during the procedure.
- The physician uses local anesthetic (numbing medication) to treat the targeted area.

Can I bring a relative/friend?

Yes, a relative or friend can stay with you before and after the procedure. However, for safety reasons they cannot be in the room with you during the procedure.

How do I prepare for this procedure?

- You may eat and drink, but restrict your intake to a light meal before your procedure.
- Wear loose comfortable clothing that is easy to remove, if needed.
- Unless instructed otherwise, **do not** stop taking your regular medications.
- Tell the physician and nurses if you have any allergies, such as the contrast dye used for x-ray procedures or local anesthetics.

Please arrange for a responsible adult to drive or escort you home after the procedure, or else your procedure may be cancelled.

What happens during the procedure?

- You lie on your stomach on the x-ray table.
- The area to be injected will be cleaned with antiseptic solution (that can be clear or pink in color).
- The physician will numb the targeted area and inject steroid medication.
- A small bandage will be placed over the injection site.

What happens after the procedure?

We move you to a recovery area to rest for 10 minutes. You might feel some heaviness in your legs. We will check to make sure your muscle function and sensation are normal before you leave.

Are there any risks or side effects?

There could be soreness or bruising at the injection site. Possible complications such as infection, bleeding, and nerve damage are uncommon.

Short-term side effects (lasting about one to three days) from injected steroid can include:

- facial flushing
- mild heart palpitations
- feeling anxious or restless
- headache
- increase in blood sugar
- increase in blood pressure

Long-term side effects from injected steroid can include:

- osteoporosis
- suppression of your immune system (delayed healing)
- fluid retention and weight gain

How will this change my pain?

The anesthetic (numbing medication) around the joint usually wears off in first 24 hours after the procedure.

Steroid medication usually starts to work within 2 to 7 days, however it can take up to 14 days to notice improvement. The duration of pain relief depends on the person. It could last for only days or for months.