



## **Diagnostic Sacroiliac Joint Injection**

### **General Information**

Your health care provider has determined that a diagnostic sacroiliac joint injection would be helpful in treating your chronic pain condition. A sacroiliac joint is the location where bones of your sacrum (part of the spine) and ilium (part of the hip) connect, often allowing movement. Over time, the joint can develop arthritis and cause pain. Placing medication directly into the joint can help treat your pain, depending on the area of the body injected. Your sac

This injection will be a DIAGNOSTIC injection (NO STEROID) that is for temporary relief (4-6 hours). If you get good relief (>80 % relief) in symptoms and improved ability to complete tasks/activities, then you will be scheduled for a THERAPEUTIC sacroiliac joint injection using steroid in effort to provide longer lasting relief.

### **Procedure Information: What to Expect**

Prior to the injection appointment, there may be some medications that need to be stopped, and your health care provider will discuss these with you. They could include blood-thinning (anticoagulant), antiplatelet medications and/or anti-inflammatory medications such as aspirin, Xarelto, Coumadin, Plavix etc.

You are brought to the pre-operative area where you will be placed in a gown. You will be escorted to the procedure room. You will be placed on your stomach with a pillow underneath on a special table to perform the procedure. An X-ray/fluoroscope is used to see the bones to guide needle placement. After a cold, cleaning solution is placed on our skin, it is important not to touch the area once it is cleaned. You will then feel a pinch and a burn (much like a bee sting), which is the local anesthetic (numbing medicine). After that, you will feel a pressure and a poke. Once the sacroiliac joint space is entered, contrast dye is commonly used to ensure proper needle placement. Then, the local anesthetic medication will be injected. Band-Aid/paper tape is applied to the injection site.

You are then escorted to the post-operative area where you will be monitored for up to 30 minutes after the injection. When you are ready to leave, the staff will give you discharge instructions and help you make a follow up appointment if one hasn't been made already.

## Post-Procedure Instructions

### What should I do after the injection?

- Recommend doing activities that normally cause pain
- **DO NOT** participate in strenuous activities

#### Types of activities that we would expect you to have relief doing include:

- Going up/down stairs
- Getting in/out of a car (sedan etc.)
- Twisting motions/light lifting and bending
- Sitting in chair > 30 minutes
- Recreational activities (golf, tennis, pickleball, etc.)
- Resume all medications as instructed by your provider
- You should not be in sitting water (baths, hot tubs, swimming pools, lakes/ponds) for three (3) days after the procedure. **Showers are OK**
- May participate in formal physical therapy sessions 72 hours after your procedure. You may continue performing your home exercise program in the interim
- Follow instructions given on the day of the procedure to provide a report of relief from the diagnostic block

### When will I notice relief?

- Immediate pain relief from the local anesthetic used in the injectate
- You may have soreness from the needle placement but try to focus on pain relief in the deeper part of the buttock with activity
- **Intended goal is >80% pain relief for 4 -6 hours with improvement in ability to do the above activities**

### What happens if I did get the intended relief?

- At your post procedure office visit (1-2 weeks from diagnostic injection) we will confirm your relief from the diagnostic injection and submit our office notes to the insurance provider for approval for a therapeutic injection
- This injection **WILL NOT** be performed on the same day as your post procedure office appointment because we need to get approval from your insurance provider
- You **WILL** have to schedule another injection appointment for the therapeutic injection. This will be 1-2 weeks after your post procedure office visit

### What happens if I did NOT get the intended relief?

- We will discuss other treatment options if this procedure was ineffective

### Please contact our office (815) 398-9491 if you experience:

- Significant weakness in the arms or legs for more than 24 hours
- Redness or swelling around injection site for more than 24 hours
- Bladder or bowel accidents and/or numbness around the groin
- Fever or chills



## **Therapeutic Sacroiliac Joint Injection**

### **General Information**

Your health care provider has determined that a therapeutic sacroiliac joint injection would be helpful in treating your chronic pain condition. A sacroiliac joint is the location where bones of your sacrum (part of the spine) and ilium (part of the hip) connect, often allowing movement. Over time, the joint can develop arthritis and cause pain. Placing medication directly into the joint can help treat your pain, depending on the area of the body injected. Your sac

Since you had relief with the diagnostic sacroiliac joint injection, we are hopeful that you will have prolonged relief with THERAPEUTIC sacroiliac joint injection.

### **Procedure Information: What to Expect**

Prior to the injection appointment, there may be some medications that need to be stopped, and your health care provider will discuss these with you. They could include blood-thinning (anticoagulant), antiplatelet medications and/or anti-inflammatory medications such as aspirin, Xarelto, Coumadin, Plavix etc.

You are brought to the pre-operative area where you will be placed in a gown. You will be escorted to the procedure room. You will be placed on your stomach with a pillow underneath on a special table to perform the procedure. An X-ray/fluoroscope is used to see the bones to guide needle placement. After a cold, cleaning solution is placed on your skin, it is important not to touch the area once it is cleaned. You will then feel a pinch and a burn (much like a bee sting), which is the local anesthetic (numbing medicine). After that, you will feel a pressure and a poke. Once the sacroiliac joint space is entered, contrast dye is commonly used to ensure proper needle placement. Then, the local anesthetic and steroid medication will be injected. Band-Aid/paper tape is applied to the injection site.

You are then escorted to the post-operative area where you will be monitored for up to 30 minutes after the injection. When you are ready to leave, the staff will give you discharge instructions and help you make a follow up appointment if one hasn't been made already.

## Post-Procedure Instructions

### What should I do after the injection?

- Recommend taking it easy for the rest of the day
- You **MAY** do normal routine activities such as return to work, do household tasks etc.
- **DO NOT** participate in strenuous activities
- Resume all medications as instructed by your provider
- You should not be in sitting water (baths, hot tubs, swimming pools, lakes/ponds) for three (3) days after the procedure. **Showers are OK**
- May participate in formal physical therapy sessions 72 hours after your procedure. You may continue performing your home exercise program in the interim
- Keep post-operative appointment to report relief

### When will I notice relief?

- Immediate pain relief from the local anesthetic used in the injectate for a period of time
- Corticosteroids usually take two (2) or three (3) days to start working but can take up to seven (7) to ten (10) days

### How long can I expect relief?

- The extent and duration of pain relief may depend on the amount of inflammation in the joint
- In some cases, a single injection brings long-term pain relief
- **Intended goal is >50% relief for 4 months. If so, you may be a candidate for a repeat injection AFTER 4 months**
  - You **will** need to have an office visit prior to ordering a repeat injection to document relief from previous injection(s), updated location of pain and recent physical exam

### What other things can I expect?

- Some soreness around the injection site for which ice may be applied
- Elevation in blood glucose for 2-3 days (especially if you are diabetic)

### Please contact our office (815) 398-9491 if you experience:

- Significant weakness in the arms or legs for more than 24 hours
- Redness or swelling around injection site for more than 24 hours
- Bladder or bowel accidents and/or numbness around the groin
- Fever or chills