

# The UAB Pain Treatment Clinic

## SACROILIAC JOINT INJECTION



### Sacroiliac Joint Injection

The sacroiliac joint is a small joint that lies at the junction of the spine and the pelvis. Pain in this joint may be a result of inflammation. The pain can be treated by injecting numbing medicine (local anesthetics) and steroids (cortisone) directly into your joint.

Once the numbing medicine wears off, your pain will likely return. The steroid should provide longer-lasting pain relief, but this probably won't begin working for 24 to 48 hours after injection.



If these blocks are effective, the nerves causing your pain can be burned to provide long lasting pain relief.

### The Procedure

You will be placed on the X-ray table on your stomach. A small IV will be started in your hand so we can give you medicine to relax you. The skin on your back will be cleaned to decrease the risk of infection. Next, the doctor will inject a small area of skin with numbing medicine. This medicine may sting for several seconds. The doctor will direct a small needle into the joint using X-ray guidance. Contrast (dye) will be used to ensure proper needle position inside the joint space. A mixture of numbing medicine and steroid will be injected into the joint.

## Side Effect and Risks

- ✓ Infection and bleeding
- ✓ Soreness at the site of injection and muscle spasms
- ✓ Temporary weakness
- ✓ Nerve injury
- ✓ Increased blood sugar, especially if you are diabetic

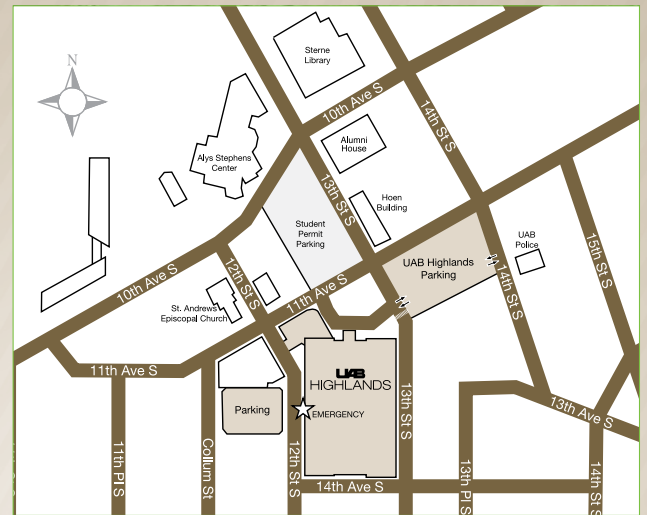
## The Day of Your Procedure

- Do not eat or drink anything for six hours before the procedure since this increases your risk of nausea and vomiting.
- Please have a driver accompany you to your appointment. Your driver must stay through the duration of your appointment. If you do not have a driver, your appointment will be rescheduled.
- Follow the directions your doctor gave you concerning your blood thinners (including Coumadin, Plavix, Lovenox, Ticlid, Pletal, and Pradaxa). They increase your risk of bleeding.
- If you are not feeling well or have been placed on antibiotics since your last appointment with us, please call us before your procedure.
- You may not be able to receive your block if you do not follow these recommendations.

## After the Procedure

You will be observed in the recovery room for about 30 minutes. Your leg may feel weak or numb for a few hours. You should limit your activity on the day of your procedure. You can resume normal activity the day after your procedure. Someone must accompany you home after the injection.

Notify the clinic or go to the emergency room if you notice swelling or redness at the injection site, experience increased leg weakness, or experience new onset of bowel or bladder dysfunction.



## The Pain Treatment Clinic

1201 11th Avenue S., 3rd Floor  
Birmingham, AL 35205

Tel: 205.930.8966

Fax: 205.930.8985

- We are located on the 3rd floor of UAB Highlands.
- Entrance to the Pain Treatment Clinic is located next to the Emergency Room entrance.
- Free parking is across the street in the deck.