

# Sacroiliac joint injection

## Patient information leaflet

**If you need this leaflet in a different language or accessible format  
please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Southport Hospital  
Town Lane, Kew, Southport,  
Merseyside, PR8 6PN  
Telephone: 01704 547 471

Ormskirk Hospital  
Dicconson Way, Wigan Road,  
Ormskirk, Lancashire, L39 2AZ  
Telephone: 01695 577 111

The aim of this procedure is to lessen the experience of pain. Time in the pain management clinic is available for you to discuss possible options available with the doctor providing this treatment.

Potential risks are listed on the consent form for your information so that you may read and understand the treatment you are about to receive

It is important that you inform the doctor of any medication you are taking prior to undergoing this treatment.

### **What is a sacroiliac joint injection?**

The sacroiliac joint is a small joint which basically links the spinal column to the pelvis. Many people experience pain in one or both of these joints.

This may be due to arthritic changes or general 'wear and tear' which we all experience as we get older.

Some patients benefit from receiving injections of a mixture of a local anaesthetic and a slow release steroid preparation given directly into these joints.

### **Contact information**

#### **Chronic pain management**

Monday to Wednesday - 01704 704 201.

Wednesday to Friday - 01695 656 421.

Waiting List office - 01695 656 670.

Specialist nurse and pain nurses - 01704 705 132.

The aims, benefits and alternatives to a spinal injection have been outlined within the leaflet. If you change your mind and do not wish to go ahead with your planned procedure please contact the waiting list office on 01695 656 670 to inform them of your decision as soon as possible.

On the day of your injection, you and your doctor will sign the consent form together to document your consent to proceed with the procedure.

### What to expect

A solution of local anaesthetic is first applied to the skin to numb the area. A spinal needle is used to access the joint.

This procedure is carried out in an appropriate treatment area under either x-ray screening or ultrasound to aid accuracy.

To receive the injection you will be positioned on a theatre trolley either face down or sitting up. There may be some discomfort at the time of the injection but this will not last long.

The steroid preparation has an anti-inflammatory action and will remain in your system for up to 12 weeks. Sometimes patients can experience pain relief for longer than this. In some cases however, patients can experience no pain relief at all.

It is safe to take your normal medication and eat breakfast before attending the hospital. You will be allowed home after receiving the treatment.

## Risks/side effects

All steroid injections can cause a short term reduction in the function of the immune system along with possible facial flushing, short term menstrual irregularity in females and altered blood sugar levels in diabetic patients. Information on the risks can be found in the consent form.

## Infection

There is a small chance of wound infection or the potential for deeper spinal infection. We do take every measure to avoid this and procedures are conducted in a theatre environment to reduce risk.

## Bleeding

Rarely you may get some bleeding and or bruising around the injection site, this will usually settle after a few days.

## Nerve injury

There is the rare potential for a nerve injury. This can happen if the needle comes into contact with a nerve or nerve sheath. This may cause some numbness and weakness affecting the limbs. This is generally temporary whilst the local anesthetic wears off.

## Headaches

It is rare, but you can develop a post procedure headache. This can occur when the spinal needle unintentionally punctures the outer covering of the spinal cord which causes some leakage of the spinal fluid (CSF).

This headache can be eased by lying flat and drinking caffeinated drinks. If you develop a headache post procedure which does not settle please contact the hospital pain service for further advice.

## Injection site tenderness

You may experience some injection site tenderness and increased pain for a few days or hours after injection. This generally settles on its own.

**You must not drive for 24 hours following this injection.**

## Alternative treatment options

If you decide not to have the procedure your alternative option is to continue to manage your pain conservatively.

This can be assisted with physiotherapy and referral to a pain management programme if suitable.

In some cases if appropriate and clinically indicated, you may choose to proceed with surgery instead.