



Sacroiliac Joint Injections (aka SI joint injections)

What are SI joint injections?

SI injections can be used to reduce pain from the sacroiliac joint. A specialized x-ray called a fluoroscope is used to visualize the joint allowing the doctor to place a needle and direct medication to the target area.

What to know before the procedure:

- **We do not use general sedation.** Topical and injected anesthetics are used to numb the area being treated and is added through the procedure as needed.
- Please have a driver, as you may experience temporary numbness or weakness following the injection.
- Please call if you are on any **blood thinning agents**, as certain medications need to be stopped prior to injections.
- You do not need to be fasting. We encourage you to eat a light meal or snack prior to the procedure.
- Injected medications may include **anesthetic** type medications (lidocaine, Marcaine), **corticosteroid** (Depo-Medrol, Celestone) and **contrast dye**. If you have known ALLERGIES to any of these medications, please notify the office at least five days prior to the scheduled appointment for special instructions.

Post injection instructions:

- You do not have specific limitation following the procedure, but we generally recommend you take it easy for the first few days.
- Ice is recommended for any post-procedural pain.
- Normal activity can be resumed when tolerated.