

How do I take care of myself at home?

Needle site care

Remove the bandage on the needle site the day after your procedure.

You can shower. **Do not** take a bath, go swimming, or use hot tub for next 48 hours.

Activity at home

You can return to your daily activities. You might want to rest today.

If the procedure has given you significant relief from your usual pain, talk to your doctor before doing any strenuous physical activities or sports.

When to get help

Contact your doctor or specialist if you have any of the following:

- fever above 38.5°C (101°F), aches, chills
- severe pain not controlled by over-the-counter medicine, your usual pain medicine, or other ways you have managed the pain in the past
- any increasing pain, swelling, and/or redness around the needle site

HealthLinkBC

8-1-1

Call any time you have any questions or concerns. HealthLinkBC is open 24 hours. Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

Locations

Abbotsford-Regional Hospital 604-851-4866
Medical Imaging, 2nd Floor, Fraser Wing
32900 Marshall Road, Abbotsford

Lions Gate Hospital 604-984-5775
Medical Imaging, Lower Level
231 East 15th Street, North Vancouver

Powell River General Hospital 604-485-3282
Medical Imaging
5000 Joyce Avenue, Powell River

Richmond Hospital 604-278-9711
Medical Imaging, Main Floor
7000 Westminster Highway, Richmond

Ridge Meadows Hospital 604-463-1800
Medical Imaging, Main Floor, 11666 Laity Street, Maple Ridge

Royal Columbian Hospital 604-520-4640
Medical Imaging, Columbia Tower
330 E. Columbia Street, New Westminster

Sechelt Hospital 604-885-8608
Medical Imaging
5544 Sunshine Coast Highway, Sechelt

St. Paul's Hospital 604-806-8006
Medical Imaging, 2nd Floor, Providence Building
1081 Burrard Street, Vancouver

Squamish Hospital 604-892-6025
Medical Imaging
38140 Behrner Drive, Squamish

Surrey Memorial Hospital 604-588-3308
Medical Imaging, 1st Floor, Lower Level
13750 96th Avenue, Surrey

UBC Hospital 604-822-7076
Medical Imaging, Main Floor
2211 Westbrook Mall, Vancouver

Vancouver General Hospital 604-875-4111
Interventional Radiology, Jim Pattison Pavilion Ext 68612
Station 4, Ground Floor, 855 West 12th Avenue, Vancouver

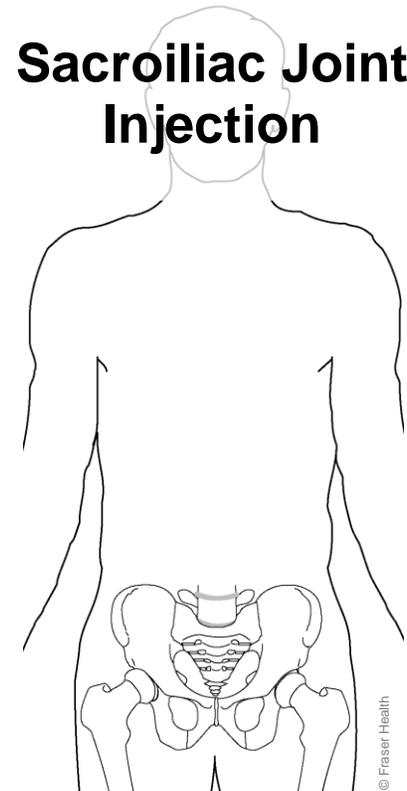
www.fraserhealth.ca ♦ www.vch.ca

This information does not replace the advice given to you by your healthcare provider.

November 2020 FH Catalogue # 266198
VCH Catalogue # FB.722.S23



Sacroiliac Joint Injection



What is a Sacroiliac Joint Injection?

This procedure involves injecting a small amount of local anesthetic (similar to dental freezing) combined with steroid medication around the sacroiliac (SI) joint. The injection helps block the pain and reduces the inflammation for a short time.

Who does the procedure?

An interventional radiologist does the procedure (a doctor who specializes in image guided procedures using fluoroscopy and CT scanning).

If you have questions about the procedure, you can ask the interventional radiologist before your procedure.

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.

You must arrange for a responsible adult to drive or escort you home after this procedure.

What do I need to do to prepare for this?

You will be contacted by the Medical Imaging Department, with specific instructions about how to prepare for this procedure.

What happens during the procedure?

You lie face down on the x-ray table.

The radiologist:

- Locates the spot using real-time x-ray (fluoroscopy).
- Cleans the area with antiseptic.
- Injects numbing medicine into the skin where needle will be inserted.
- Guides the needle as close as possible to the nerve causing pain using real-time x-ray (fluoroscopy or CT scanning). It is important to lie as still as possible. Tell us if you have any pain.
- Injects anesthetic plus steroid medication into the area.
- Places a small bandage over the area when the procedure is complete.

Will it hurt?

It might sting or burn as the numbing medicine is injected into your skin. As the anesthetic injected around the sacroiliac joint takes effect, you should start to feel some relief from your pain.

How long will it take?

The procedure takes about 30 minutes.

What happens after the procedure?

We move you to a recovery area to rest for about 30 minutes.

You might feel some heaviness in your legs. We check your muscle function and sensation before you leave.

Are there any risks or complication?

Any time the skin is pierced or cut, there is a chance of infection.

Other possible complications include:

- bleeding (usually stops on its own)
- pain at the needle site (temporary)
- increase or worsening of pain
- dizziness or feeling faint
- injury to the nerve

How will this change my pain?

The anesthetic around the joint usually wears off in first 24 hours after the procedure.

Steroid medication usually starts to work within 24 to 48 hours. How long it lasts depends on the person. It only last for days or for months. The pain could eventually return, meaning you might need more injections or another type of treatment.