



### **Sacroiliac Joint Steroid Injection Discharge Instructions**

A sacroiliac joint (SI) injection is an injection of local anesthetic and steroid medication into the SI joint to provide relief of pain associated with SI joint dysfunction. The SI joints are located on either side of the sacrum or tailbone. They connect the tailbone to the pelvis. SI joint dysfunction is a common source of pain in the lower back, buttocks, groin, and legs. The steroid injected reduces the inflammation and swelling of tissue in and around the joint space. This may in turn reduce pain, and other symptoms caused by inflammation or irritation of the joint and surrounding structures.

#### **Aftercare Instructions**

- Pain relief may begin immediately after the medication has been injected. You may experience a brief recurrence of your former pain until the anti-inflammatory medication takes effect.
- A responsible adult must drive you home. You must not drive yourself.
- Due to the numbness and any discomfort you may experience after the procedure, you may have some difficulty walking on your own and getting in and out of the car. This is normal and should subside in a matter of hours.
- Do not drive or operate machinery for at least 24 hours after the procedure.
- Eat your normal diet.
- Do not participate in strenuous activity today.
- You may remove any bandages in the evening before going to bed.
- You may take a shower. Do not take a bath or sit in a hot tub for 24 hours.
- If you are taking a blood thinner like aspirin, Plavix, Pradaxa, Xarelto, coumadin, Lovenox, among others, you may resume taking it.
- If you have diabetes, your blood sugar numbers may increase. Your primary care physician will counsel you regarding management.
- The steroid may not take effect immediately. It is common for improvement in the pain to occur progressively over the first 48 hours. The effects may last for a matter of days, weeks, and occasionally months.
- The effects of an SI injection may be temporary and may offer little to no long-term relief. Each individual is different; however, sometimes the injection may be repeated after a number of weeks or months to receive maximum benefit from the medication. If the injection does not help alleviate your pain, your physician will most likely recommend a different therapeutic approach.

**Please call your ordering doctor or primary care physician if you notice any of the following:**

- Significant pain at the site unrelieved by Tylenol
- Hematoma or painful lump around the site
- Fever greater than 100.6°F
- Redness or drainage at biopsy site
- Continued nausea and vomiting

**Seek EMERGENCY CARE if you have:**

- Chest pain
- Uncontrolled bleeding
- Confusion or change in mental status
- Difficulty breathing or shortness of breath
- Progressive swelling of any area
- Severe abdominal pain or bloating
- Dizziness or feeling like you are going to pass out
- Changes to bowel or bladder function
- Severe headache
- Weakness
- New numbness or tingling
- Change in sensation
- Impaired movement
- Severe new pain
- Seizure

**If you have an emergency, go directly to the nearest emergency room or call 911. Do not wait to contact our staff.**

Please call Teton Radiology at 208-524-7247 Idaho Falls, Rexburg 208-356-4888, or your ordering physician if you have problems or concerns.

\_\_\_\_\_  
(Patient name - Please print)

**Your radiologist was:**

\_\_\_\_\_

**I understand the above information.**

\_\_\_\_\_  
(Patient or family member's signature)

\_\_\_\_\_  
Date

**Reviewed with me by:**

\_\_\_\_\_  
(Technologist or nurse)

\_\_\_\_\_  
Date