

## Sacroiliac Joint Steroid Injection

**Diagnosis:** Sacroiliitis/Sacroiliac Joint Dysfunction

**Procedure:** The patient is brought to the procedure room and placed on his/her stomach. The area of the low back and upper buttocks is uncovered. Using fluoroscopic guidance, the lumbar spine and sacrum is visualized. The skin overlying the injection site is then cleaned with a sterilizing solution. Local anesthetic is used to numb the injection site. Then, a needle is advanced to the sacroiliac joint space. Once the needle is thought to be in the correct position, contrast dye is injected through the needle to confirm proper placement in the sacroiliac joint space. Upon confirmation, a combination of steroid and local anesthetic is injected into that space. The needle is then removed. The low back is cleaned and sterile dressing is applied. The patient is then taken to the recovery room until discharge.

**Medications used:** Local anesthetic, Kenalog (steroid), contrast dye

**Recovery:** 15 minutes with local or 30 minutes after sedation

Potential risks of Sacroiliac Joint Steroid Injection are minimal and are similar to any procedure involving a needle placement. These include, but are not limited to:

- Allergic reaction to the anesthetic or contrast dye. *Be sure to inform us before the injection if you have any known allergies*
- Bleeding
- Infection
- Temporary pain at the injection site

