

Sacroiliac joint injections

Pain Management Patient Information Leaflet

Introduction

Welcome to The Dudley Group NHS Foundation Trust. This leaflet will provide you and your relatives with information about sacroiliac joint injections.

What is a sacroiliac joint injection?

It is an injection of local anaesthetic (with or without steroid) either directly into a sacroiliac joint or around the joint in your spine. The two sacroiliac joints are large joints joining the iliac bone to the sacrum in your lower back. Arthritis (wear and tear) or problems with these joints can cause lower back pain which can also spread to the groin, buttocks and legs.

The aim of this injection is to numb the sacroiliac joints and nerves to block the pain signals sent to the brain.

What do these injections do?

The local anaesthetic numbs the nerves in the short term. The steroid reduces swelling and inflammation which can often provide long term pain relief. Initially for the first few days you may experience a worsening of your pain but after this you should notice the pain relief. The injections can relieve the pain for a few weeks or months and any recurring pain may not be as severe as before, but everyone experiences the effects in a different way.

Steroids have been used for decades for their beneficial effects. Although steroids are not licensed for this specific procedure their use is endorsed by the British Pain Society. The steroids we use act locally and so minimise any side effects.

What are the risks and complications?

Overall steroid injections are very safe and serious side effects or complications are rare. However like all injection procedures there are some risks:

Common risks

- Bruise and tenderness at the site of injection.
- No change or an increase in your pain – this should only last a few days.
- Numbness in your arms and/or legs.

Rare risks

- Bleeding in the area where the joints are injected.
- Infection at the injection site.
- A prolonged increase in pain after the procedure.
- Anaphylaxis – severe allergic reaction to drugs.
- Nerve injury either temporary or permanent.
- Shooting pains like electric shocks.
- Collapse.

If you experience any of these rare risks please contact the Pain Management Helpline on 01384 244735, your GP or in an emergency dial 999.

Steroid-related issues

Compared to regular steroid use the steroid injection used for pain procedures is associated with minimal side effects, however:

- Diabetic patients – may experience a slight rise in blood sugar for up to two weeks so you should monitor your blood sugar very carefully. (Contact your GP or diabetic nurse if you have any problems).
- Heart failure patients – may experience increased shortness of breath due to salt and water retention. (Contact your GP or nurse if you have any problems).

X-ray precautions:

- The procedure uses X-rays and these use a small amount of radiation which may add slightly to the normal risk of cancer.

Female patients – you must tell us if you are or might be pregnant. If you are not sure a pregnancy test will be offered.

What alternatives are there to sacroiliac joint injections?

You do not have to have these injections and your consultant will discuss alternative treatments with you appropriate to your condition. If you prefer, you can continue to take painkilling medication without having any other treatment.

How do I need to prepare for the procedures?

- You should not eat for six hours before the procedure but you can drink clear fluids up until two hours before procedure. Clear fluids means water or diluted squash and not drinks such as fruit juices, tea, coffee or milk.

The exception to this information is if you are diabetic. If so please eat and drink as normal and take your diabetic medication/insulin.

- Your treatment will be at Russells Hall or Corbett Hospital as an outpatient in the Day Surgery Unit (either a morning or an afternoon appointment). This will be confirmed at your clinic appointment.

- You will be at hospital for between two to four hours.
- You will need to arrange for someone to drive you home afterwards.
- Please arrange to have someone with you overnight.
- Please note that if you have sedation during the procedure you should not drive or operate machinery for 24 hours afterwards.

What do I do about medication?

- You should take all your regular medications **except blood thinning medication** i.e. Clopidogrel, warfarin, dipyridamole, Rivaroxiban. You will be given instructions about what to do about these drugs when you are given your appointment for the injection.
- **Please bring a repeat prescription document with you if you are taking any regular medications.**

What does the procedure involve?

Before the procedure

- A doctor will discuss the procedure with you and ask you to sign a consent form.

During the procedure (duration 10 to 15 minutes)

- This is carried out in theatre while you are awake.
- You may be offered sedation (through an injection into the back of your hand) to help you to relax.
- You will lie on your stomach with a pillow under your pelvis and your back will be cleaned with an antiseptic solution which may feel cold. Sterile sheets will then be placed around the area for injection. A local anaesthetic will be injected into your back to numb the area.
- An X-ray will be used to ensure proper positioning and we may also use an ultrasound for guidance.
- The site will be injected with local anaesthetic (and sometimes a steroid). You may feel some pressure and pushing whilst this procedure is being carried out but you should have no pain. If you do feel any discomfort then please tell a member of the theatre team.
- Once completed a plaster will be placed over the injection site. You will then be taken to the recovery area.

After the procedure

- In the recovery area you will be observed for 30 minutes as you might feel a little drowsy and sleepy.
- You will also be offered light refreshments and after this you can go home.

What do I need to do when I go home?

When you get home please continue to take any regular medication. It may be necessary for you to take painkillers for a day or two. You might need someone at home to help you but you do not have to stay in bed. The plaster can be removed the next day.

You should gradually increase your level of activity. However **do not** take up new exercises until your muscles have had time to adapt. Build up by your exercise levels by increasing your physical activity (e.g. walking, swimming, housework) gradually every few days. The eventual aim is to get back to a level of activity that is normal for you.

What happens after having the injection?

Some patients will experience immediate pain relief, however if you have had steroid it usually takes 24 to 72 hours for the effects of this medication to take effect and it may be up to one week before the maximum benefits are felt. Very often more than one injection is necessary to achieve a good level of pain relief.

Some patients will experience mild pain from the procedure that will ease in a very short amount of time. On rare occasions patients have experienced a prolonged increase in pain after the procedure.

How you respond to the injection will be monitored by you on a pain monitoring chart which we will give you to take home. Your further treatment plans will be based on this.

If you have any questions or if there is anything you do not understand about this leaflet please contact:

Clinical nurse specialists on the Pain Management Helpline:

01384 244735 (9am to 5pm, Monday to Friday)

This leaflet can be made available in large print, audio version and in other languages, please call 0800 0730510

ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸ਼ਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਨਫਰਮੇਸ਼ਨ ਕੋ-ਆੱਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिए तो पेशेंट इनफ़रमेशन को-आरडीनेटर को टैलीफ़ोन नम्बर **0800 0730510** पर फ़ोन करें।

જો તમને આ પત્રિકા તમારી પોતાની ભાષા (ગુજરાતી)માં જોઈતી હોય, તો કૃપા કરીને પેશન્ટ ઈન્ફોર્મેશન કો-ઓર્ડિનેટરને **0800 0730510** પર સંપર્ક કરો.

आपनि यदि এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-আর্ডিনেটরের সাথে **0800 0730510** এই নম্বরে যোগাযোগ করুন।

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0800 0730510 Information Co-ordinator على التلّفون

مہم ضرورت اریلف ایٹ کوٹھا زبان (اردو) میں حاصل کرنے کے لئے روبروہائی ٹیلیفون نمبر **0800 0730510** پوزیشن کو-آورڈینٹر (مریضوں کے لئے معلومات کی فراہمی کے سلسلے میں) کے ساتھ رابطہ کریں۔

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