

## Sacroiliac Joint Injection with Fluoroscopy Without Sedation

<b><i>What is it?</i></b>	The sacroiliac joint lies next to the spine and connects the sacrum (the triangular bone at the bottom of the spine) with the pelvis (iliac crest). A sacroiliac joint injection (also known as SI joint injection) is an injection into this joint to place medication in and around it.
<b><i>Why is it done?</i></b>	This procedure is done to relieve pain that originates (begins) in the sacroiliac joint. Poor posture resulting from degenerative conditions, traumatic injury, problems after laminectomy (spinal surgery), or problems with intravertebral discs (cushions between vertebra in the spinal column) may cause problems with the sacroiliac joint. In some instances, cryoanalgesia (freezing an area to relieve pain) or radiofrequency (heating an area to relieve pain) can provide a longer period of pain relief than with SI joint injections alone.
<b><i>How is it done?</i></b>	When you are in the procedure room, you will be asked to lie face down on a cushioned x-ray table. A fluoroscope (x-ray machine) assists the physician in visualizing the sacroiliac joint. After visualization of the joint under x-ray, a small needle is placed into the skin, and positioned into the joint space. A small amount of a solution of local anesthetic (numbing medication) and a cortisone derivative (anti-inflammatory medication) is injected into the joint. The remainder of the medication is then injected into the ligaments (bands of supportive tissue) that surround the joint space. This procedure is sometimes performed without fluoroscopy, with the patient sitting on the side of the stretcher. A small band aid is applied after the procedure is completed.
<b><i>Is there any preparation?</i></b>	<b>No.</b>
<b><i>What to wear?</i></b>	Please wear loose, comfortable clothing and leave all jewelry and other valuables at home.
<b><i>How long does it take?</i></b>	We ask that you arrive 30 - 45 minutes before the scheduled time of your procedure. The procedure lasts about 15 - 30 minutes. You will be able to leave directly from the procedure room if you are not experiencing any weakness in your legs.
<b><i>What are the possible side effects of steroid medication?</i></b>	Administration of steroid medication can cause side effects. They include, but not limited to: hyperglycemia (increased blood sugar), sweats, and hot/cold flashes, flushing of the face, hypertension (increased blood pressure), osteoporosis, insomnia, mood swings and Cushing 's Syndrome.
<b><i>Risks of this procedure include, but are not limited to:</i></b>	<ul style="list-style-type: none"> <li>* Pain in the area where the needle(s) was inserted. The pain can last for two to three days and can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol.</li> <li>* <i>Bleeding, infection and/or bruising in the injection area. Increased pain</i></li> <li>* <i>A reaction to the contrast dye. These reactions usually do not require further treatment. However, a reaction to the contrast dye may result in sneezing, hives, swelling of the face and throat, respiratory difficulties and shock. Medication and/or respiratory assistance may be required.</i></li> <li>* A reaction to the local anesthetic, including but not limited to: allergic reaction to the anesthetic medication, loss of consciousness, depressed breathing and cardiac arrest.</li> <li>* Temporary numbness or weakness in one or both legs. This is normal.</li> <li>* Nerve damage, paralysis, stroke and even death.</li> </ul>

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**PLEASE SEE THE BACK FOR YOUR INSTRUCTIONS**

**Instructions Regarding Your Procedure**

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Will I receive a pre-procedure phone call?	A nurse from our office will call you 24-48 hours prior to your procedure. She will ask you a few important medical questions, <b>AND</b> she will confirm your appointment. We must have <b>a verbal confirmation from you 24-48 hours prior to your procedure.</b> Failure to return our call could result in your procedure being rescheduled.
Where can I obtain more procedure information?	Please visit our website <a href="http://www.nyspineandwellness.com">www.nyspineandwellness.com</a> . It contains demonstrations of some of the procedures we offer. We also have other helpful information.
Can I drive home from the procedure? <i>*the box with a check applies to you</i>	<input type="checkbox"/> You <b>MUST</b> have a ride home, and your driver should remain on site. You must not drive or operate heavy machinery for 24 hours. <input type="checkbox"/> You can drive yourself home.
Can I eat Breakfast or lunch?	Yes, you can eat a light breakfast or light lunch
Should I stop taking aspirin?	<b>If you take ASPIRIN or products containing ASPIRIN in doses greater than 325 mg/per day, you must stop taking it 7 days prior to your procedure (examples of ASPIRIN-containing products include but are not limited to: EXCEDRIN, FIORINAL, AND ALKA SELTZER, etc).</b>
Can I take the aspirin prescribed for <u>cardiac</u> and or <u>stroke</u> prevention?	<input type="checkbox"/> Yes, you can continue to take your aspirin for cardiac or stroke prevention, not to exceed 325mg per day.
Can I take my blood thinner? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Our provider has advised you on the number of days to hold the blood thinner you take. <input type="checkbox"/> Our provider will have to contact the Doctor who has prescribed the blood thinner for you to learn how long it is safe for you to be off the medicine prior to your procedure. One of our nurses will call you when we have obtained that information.
Can I take my other medications? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Yes, except for <b>blood thinners.</b> <input type="checkbox"/> Yes, only with a <b>small sip of water, (you must not take your blood thinner)</b>
What time is my procedure?	You will receive a phone call one or two business days prior to your procedure to remind you of the time you should arrive for your procedure (usually 30-40 minutes prior to the scheduled time) and the location. <b>PLEASE BE ON TIME.</b> <i>*some patients may receive a call to confirm insurance information.</i>
How long will it take?	We ask that you plan <u>1½ -3 hours</u> from the time you arrive at the center to the time you are discharged. Please understand that circumstances sometimes arise that are out of our control, which cause a longer delay. Please plan accordingly.
What do I bring?	You <b>must</b> bring the following <u>each time</u> you have a procedure: 1. Your current insurance information 2. <b>A written</b> list of all your current medications <b>including the strength and frequency</b> you take them. Please include over the counter medication, vitamins and herbal supplements.
What shall I wear?	Please wear comfortable loose fitting clothing.
Can I wear jewelry?	No. Please leave all jewelry and other valuables at home. We are unable to store them safely. Any body- piercing jewelry must be completely removed, as this may interfere with the x-ray machine.
What do I do if I am ill or have to cancel?	Please call the office 24 hours in advance if you are unable to keep your appointment. (315) 552-6700. We do charge patients for no shows.