

Pain Management Service

Sacroiliac joint injection

What a sacroiliac joint injection is

The sacrum is the large bone at the bottom of the spine. The hip bone is called the ilium. The joint where the sacrum and ilium meet at the back is called the sacroiliac joint.

Sacro-iliac joint injections are used to diagnose and treat certain types of lower back pain.

The injection contains a local anaesthetic and a steroid.

- The local anaesthetic helps reduce pain.
- The steroid reduces inflammation (the body's response to irritation).

Benefits

Some patients experience good pain relief from this procedure.

Risks

No procedure is risk free.

Short-term side effects include:

- Pain or discomfort at the injection site
- Infection
- Bruising or bleeding
- Allergic reaction to the medicines used.
- Temporary numbness in the buttocks or legs if the anaesthetic spreads



Patient Information

Long-term problems are uncommon, but please speak to your clinician about this.

Before the procedure

- Your treatment will take place as a day case.
- You will receive an appointment to attend the surgical day unit at University Hospital Coventry & Warwickshire (Walsgrave) or at the Hospital of St Cross (Rugby).
- Arrange for someone to drive you home after your injection.
- You may be in the unit for 2 to 4 hours.
- Bring a list of your current medicines.
- You will be asked to change into a hospital gown. You may keep your underwear on.
- Your doctor will explain the procedure and ask you to sign a consent form.
- The procedure may use X-rays. If you are a female, you will be asked about your last menstrual period. If there is any chance you may be pregnant, tell the doctor or nurse.

The procedure

- The procedure is carried out using X-ray guidance to identify the correct joint.
- You will lie in the correct position, and your skin will be cleaned with antiseptic solution, which may feel cold.
- A local anaesthetic is injected into the skin. This may sting briefly before the skin goes numb.
- It is important to keep still while the needle is carefully guided into position using X-ray control. You may feel some pressure or mild discomfort.
- Once the needle is in the correct place, the local anaesthetic and steroid are injected. You may feel a sense of tightness. Tell the doctor if you feel pain.
- A small dressing will be placed over the injection site. You may remove this in the evening.

Patient Information

After the procedure

- You will be taken to a recovery room.
- Nursing staff will observe you before you go home.
- Take care when standing up for the first time and make sure you feel steady.
- Take your regular medicines and pain killers as normal.
- Your pain may feel worse before it improves. You may need extra painkillers during this time. If your pain is not controlled. contact your GP.
- A letter will be sent to your GP, and you will receive a follow-up appointment at the pain clinic.

Please make sure someone drives you home after the procedure.

More information

This leaflet does not replace advice from your doctor. If you have any questions, please speak to your doctor before signing the consent form.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact the pain management secretaries on 024 7696 5880 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History	
Department:	Pain Management
Contact:	25884
Updated:	February 2026
Review:	February 2029
Version:	6
Reference:	HIC/LFT/594/07

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