



A guide to...

Facet joint/Sacroiliac joint (SIJ) Injection

Patient information

How to contact us

Radiology
Watford General Hospital
West Hertfordshire Hospitals NHS Trust
Vicarage Road, Watford, Hertfordshire, WD18 0HB

Tel: 01442 287 348 / 01923 217 526

If you need this leaflet in another language, large print, Braille or audio version,
please call **01923 217 187** or email westherts.pals@nhs.net



Language



Large
Print



Braille



Audio

Author	Melanie Martin
Department	Radiology Department
Ratified / Review Date	Dec 2024 / Dec 2027
Version Number / Print Room	46/2333/V3



What is a Facet Joint / Sacroiliac Joint (SIJ) injection?

It is an injection of local anaesthetic and steroid around the facet and sacroiliac joints. It is carried out under CT guidance.

Why am I having this procedure?

Injecting local anaesthetic and steroid anti-inflammatory around and in the facet /SI joints, can help decrease swelling and inflammation. This may help reduce your pain and it may also improve the movement of your back and leg.

Are there any risks?

As the CT scanner uses X-rays, the scan does involve a very small risk from the radiation involved. Your Doctor will have balanced the risk with the benefit from the injection when the scan is requested.

You may experience pain for a couple of days after the injection, this can be relieved by taking painkillers.

Please inform the CT department if you are on any blood thinning treatment.

What will happen on the day of the injection?

The radiographer who carries out the CT scan will ask you to change into a gown. The radiologist (doctor) will explain the procedure to you and offer you the chance to ask questions. You will then be asked to lie on your front on the CT table.

A CT scan of your back will be taken and the position for the needle injection marked on your back. The small of your back will be cleaned with antiseptic solution and local anaesthetic will be injected into your skin. This will sting like a bee sting. You may feel a pushing sensation as the needle is adjusted into the right place.

CT scans of the area will be done to guide the radiologist into the correct place to inject the steroid. X-ray dye may be used to help identify the correct position of the needle. You may feel pressure or discomfort as the solution of local anaesthetic and steroid is injected. The needle will then be removed, your back will be cleaned and a dressing will be applied to the area of the injection.

What happens afterwards?

We will help you get up slowly from the CT table as your back and legs may feel a bit stiff. Sometimes patients feel a little faint, dizzy or nauseous. Swinging your legs for 20 minutes helps to alleviate these symptoms.

You should see your referring doctor four to five weeks after the facet/SI joint injection.

You should bring someone with you or arrange to be picked up as you should not drive for the rest of the day.