

Information on Arthrograms

An arthrogram is an examination of a joint using fluoroscopy, or live X-ray, and an injection of a contrast material, allowing the radiologist to assess the anatomy and function of the joint

How to prepare for the procedure:

Please inform the radiologist of any medication you are taking and if you have any allergies, especially to contrast materials. Women should inform the technologist if they may be or are pregnant. You will be asked to change out of some of your clothes and put on a gown.

How is the procedure performed?

The patient is positioned on the x-ray table, usually lying on your back. The skin (on the body part to be injected) is cleansed with an antiseptic and the radiologist (physician who performs the procedure) will locate the joint space. A local anesthetic is injected to numb the area and a thin needle is inserted into the joint. The radiologist will then administer the contrast material into the joint space and then remove the needle.

MRI or Cat Scan Arthrograms:

Many Arthrograms are combined with MRI and sometimes with a CT scan.

What will I experience during the procedure?

Initially, you will feel a prick and a slight burning sensation as the anesthetic is injected. During the injection of the contrast agent, patients may feel some slight pressure or discomfort as the joint is distended. The sensation is only temporary.

What will I experience after the procedure?

Patients may resume non-strenuous activities immediately after the procedure. Avoid strenuous activity for 24 hours following the procedure. There may be mild discomfort of the joint following the exam. You may apply ice to the joint and take a mild pain relief medicine such as Tylenol. Avoid aspirin. The discomfort will disappear within 1-2 days after the exam. Some soreness may also be present at the injection site for up to 24 hours.