

Arthrogram / Joint Injection

Patient Information Sheet

An arthrogram is an x-ray examination of the joints in the body such as shoulder, hip and wrist. This procedure will outline the joint through the injection of contrast material (x-ray dye). This procedure may be performed before another imaging test (for example, MRI) or can be used alone for the injection of steroids. This procedure can help evaluate, diagnose or provide temporary relief from joint conditions including symptoms such as persistent pain and swelling. If bilateral (both) joints need injections, two appointments may be required.

Instructions for patient

- You will be asked to remove all of your clothing and undergarments and wear a hospital gown during the exam. You will also be asked to remove jewelry.
- Women should inform their healthcare provider if there is any possibility of pregnancy. Please advise the technologist prior to the start of the procedure, whether or not you may be pregnant.

How the procedure is performed

The procedure is performed by a Radiologist (specialized medical physician) with the assistance of a Medical Radiation Technologist (MRT) the procedure will be explained to you, you will be asked about your medical history, current medications and any allergies. If you are taking blood thinners (e.g. Aspirin, Coumadin, Arthritis medication), please inform the MRT or Radiologist before the procedure.

You will be lying on your back on an x-ray table. The joint and the surrounding area will be cleansed with antiseptic solution and local anaesthesia (freezing) will be injected through a small needle into the surface of the skin. This may cause slight stinging, but should subside. A second needle will be introduced into the capsular space (within the joint) which may cause some pressure. Images will be taken using x-rays to ensure accurate positioning of the needle. The Radiologist will inject contrast



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material into the joint space. More images will be taken to ensure that the contrast (material) is properly placed. If this is for the relief of pain, a steroid or anesthetic will be injected into the joint space. Afterwards, the needle will be removed and a Bandage will be applied to the area. If this procedure is for a subsequent imaging exam, you may be asked to exercise the joint to ensure that the contrast is spread evenly.

The entire procedure will take 30 to 45 minutes to complete.

What happens after the procedure?

- You are free to leave after the procedure unless you have a subsequent imaging exam such as MRI or CT.
- You may resume your normal activities and diet.
- There may be slight swelling or discomfort. You may apply ice to the joint to reduce swelling as needed.
- The contrast (material) will be absorbed and excreted by your kidneys in your body. This will not cause any changes in the color of your urine. If you experience any allergic symptoms from the contrast material, notify the ordering physician or go to your nearest hospital emergency department immediately.

When and how will I know the results?

Please call your healthcare provider as soon as possible to make a follow up appointment to discuss the results of this procedure with them.

