



Arthrogram Instructions

What is an arthrogram?

An arthrogram is a specific imaging study of any joint inside the body. This type of study helps to identify joint problems that may be caused by infection, inflammation, trauma or abnormal bone or cartilage development.

The exam is a two-part procedure.

1. Joint injection
2. Magnetic resonance imaging (MRI) of the joint

Is there preparation for an arthrogram?

- Your child will be asked to change into a gown, shorts or scrubs for the procedure.
- Remove all jewelry.
- To ease any fear or anxiety about the arthrogram, a Certified Child Life Specialist may be available to help prepare, distract and provide support before or during the procedure.
- A legal guardian or parent **must** accompany your child.
- If your child is ill (fever, cough, flu, etc.), please call Radiology scheduling:
Dallas 214-559-8572 Frisco 469-515-7190

How long does an arthrogram take?

Allow at least two hours, from arrival to the Radiology department to the end of the procedure.

What typically occurs during an arthrogram visit?

1. An MRI technologist and/or nurse reviews the screening form and answers questions about the procedure.
2. The first part of the procedure is the **joint injection**.
 - a. The area is cleaned and numbed. This may cause a brief tingling or stinging sensation.
 - b. The radiologist will then use ultrasound or fluoroscopy (X-ray) to view “live” images of the affected area on a monitor.
 - c. A needle is inserted in the joint space, guided by “live” images with ultrasound or fluoroscopy (X-ray). A solution called contrast is injected into the joint to improve the appearance of tissues in the imaging. This is typically not painful and may cause a feeling of fullness in the joint. The solution will be visible on the monitor and in MRI.
3. The second part is an **MRI**. This typically takes less than an hour.

What happens after an arthrogram?

The joint or injection site may be sore. Rest the joint for 24 hours.