



ARTHROGRAM

What is an arthrogram?

An arthrogram is a special imaging study of any joint in the body. This study helps doctors identify joint problems that may be caused by infection, inflammation, tumor, trauma or birth defect (abnormal bone or cartilage development).

- A legal guardian or parent must accompany your child.
- Please read this instruction sheet prior to your child's MRI scan.
- If your child is ill (fever, cough, flu, etc.), please call Radiology scheduling:
Dallas 214-559-8572 Frisco 469-515-7190

Is there preparation for an arthrogram?

- Patients **should not** eat before this exam.
- Some children may need sedation and/or pain medicine during this study.
- The radiology nurse will talk with you about your child's medical history a day or two before the exam. The nurse will then give you instructions.
- A certified child life specialist may be available to help prepare, distract and support your child. Child life specialists help ease fears and anxieties that some children have during their hospital visits.

What happens during an arthrogram?

- This exam may involve different imaging equipment in the Radiology department including X-rays, MRI (magnetic resonance imaging), ultrasound, fluoroscopy and/or CT (computed tomography).
- These different studies of your child's joint give the radiologist detailed information about the bones, cartilage, ligaments and tendons around the joint.
- The decision on how the study will be done will be discussed with you and your child.

A typical arthrogram may occur in this order:

1. X-rays may be taken of the affected joint. (15 minutes)
2. Radiology nurses, with experience in pain management and sedation, will assess and monitor your child before, during and after the arthrogram.
3. Next your child will go to fluoroscopy or ultrasound where the radiologist will see the affected bones and joint "live" on a monitor. The radiologist will numb this area and inject contrast into the joint. This medicine is visible on the monitor and in CT/MRI. (30 minutes)
4. After the joint injection, your child will be taken to MRI (30 to 60 minutes) or CT (20 to 30 minutes) for imaging.



What happens after an arthrogram?

- An arthrogram exam may take two to three hours to complete.
- Children needing sedation will be monitored by the nurses for up to two hours following the exam.
- After the arthrogram, the joint or injection site may be sore for **one day**. The nurse will give you care instructions.

If you have any questions or need to cancel or change your appointment, call Radiology scheduling:

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Frisco 469-515-7190