



ARTHROGRAM AT SCOTTISH RITE FOR CHILDREN ORTHOPEDIC AND SPORTS MEDICINE CENTER

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 or trauma.

The exam is a two-part procedure.

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

Is there preparation for an arthrogram?

- It is best to wear comfortable clothing, with easy access to the joint being examined, and free of any metal. **Your** child may also be asked to change into a hospital gown for the procedure.
- To ease any fear or anxiety about the arthrogram, a 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), please call your provider to reschedule.

How long does an arthrogram take?

Allow at least 2 hours, from arrival to the Radiology department to the end of the procedure.

What typically occurs during an arthrogram visit?

1. A radiologic technologist reviews the screening form and answers questions about the procedure.
2. Your child may be asked to change into a gown, shorts or scrubs for the procedure.
3. The first part of the procedure is the **joint injection**: a solution called contrast is injected into the joint to improve the appearance of tissues in the imaging.
 - 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.
4. The second part is an **MRI**. This typically takes 30 to 45 minutes.

What happens after an arthrogram?

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

This material is for educational use.

Discuss any questions and concerns with your health care provider.

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