

## St. Joseph Hospital Imaging Department of Radiology

### What is an Arthrogram?

An Arthrogram is a test used to examine abnormalities in the shoulders, wrists, hips, knees or ankles. Contrast media is injected in to the affected joint. This procedure is usually done with an MRI or CT scan.

### Before your test

- There are no diet restrictions, eat and drink as usual for your test. Continue to take prescribed medications **(with a sip of water)** on the day of the exam, unless instructed otherwise by your doctor.
- Talk to your doctor about stopping blood thinners several days before your test.
- The technologist will ask you a few questions regarding your medical history. Please notify the technologist of any allergies you may have.
- **If you are pregnant or think you may be pregnant please advise the technologist.**
- Please leave your jewelry and valuables at home.

**Please arrive early as instructed for your appointment.**

**Please register at the St. Joseph Hospital Outpatient Pavilion on the 1<sup>ST</sup> FLOOR.**

### During your test

You will be asked to change into a hospital gown. The radiologist will clean your skin thoroughly to reduce the risk of infection. Then a needle will be inserted into the joint that is being studied using live video X-ray as a guide. Once the needle is in the correct position, the radiologist will inject contrast media into the joint space. Immediately after the injection, X-rays will be taken. Depending on what type of study your doctor ordered, you may be required to have an MRI or CT scan following the injection. This test is usually completed within one hour.

### After your test

You may have some discomfort in your joint for 24 hours until your body absorbs the contrast media used for this procedure. You may take any pain medication or apply a cold compress for the discomfort if needed. Do not perform strenuous activity for 24 hours after the procedure. The radiologist and/or technologist will not be able to give you any results. The results will be available to the doctor who ordered the scan within one to two business days.

### Thank you

We are honored that you have selected St. Joseph Hospital to serve your healthcare needs.