

DEPARTMENT OF RADIOLOGY

Arthrogram

What is an Arthrogram?

Your doctor has referred you for an arthrogram, which is an x-ray examination of a joint, using a special form of x-ray called fluoroscopy and a contrast material (dye) containing iodine to visualise the affected joint more clearly.



How do I prepare for my examination?

You do not have to follow a special diet or have any preparation for this test.

If you think you are allergic to iodine or to the X-ray dyes, please telephone us on 01603 286108 Monday to Friday between 8am and 1pm.

What happens when I arrive?

- You may be asked to remove some or all of your clothes and to wear a gown during the exam. You may also be asked to remove jewellery, spectacles and any metal objects or clothing that might interfere with the x-ray images.
- You must tell the radiographer about any medicines you are taking and if you have any allergies, glaucoma or heart disease. Women between the ages of 12 and 55 will be asked if there is any possibility that you could be pregnant.

What does it involve?

- The Radiologist will talk to you about exactly what is going to happen. A Radiographer and nurse may also be present.
- You will be positioned on the examination table.
- Initial x-rays of the joint may be taken, to be compared later with the arthrogram images.
- The skin around the joint is cleansed with antiseptic and a local anaesthetic is injected into the area.
- The contrast material (dye) and sometimes air are injected into the joint space and the needle is removed to prevent the contrast material and/or air from escaping.
- You may be asked to move the affected joint to distribute the contrast material throughout the space.
- Still images are then obtained with the joint in various positions.

Your joint area will be numbed so you do not feel anything related to the arthrographic procedure. Initially, you may experience a slight pinprick and momentary burning as the anaesthesia is injected into the joint area. You may feel fullness as the joint is filled with the dye and pain relief medication, and hear gurgling when the joint is moved.

The Radiologist may be able to tell you what the examination has shown. More often the Radiologist will want to carefully analyse the images later and provide a detailed report to the referring consultant or GP.

How long will it take?

The examination will take between 20 to 30 minutes.

After the examination.

- After the examination, you may experience swelling and discomfort or hear a crackling noise in the joint.
- You may apply ice to the joint to reduce swelling if it is bothersome.
- A mild over-the-counter analgesic can be taken for pain. These symptoms usually disappear after 48 hours.
- Contact your doctor if they persist after two days.

Vigorous exercise is not recommended for 12 hours after the exam.

You may eat and drink normally as soon as the test is finished.

Further Information

If you have any concerns or questions about your Arthrogram please telephone the fluoroscopy Department on 01603 286103, 9am to 4:30pm Monday to Friday.

Accessing to Radiology

How to find us:	To access Radiology for your appointment, please follow sign to the Urgent Care Centre/Minors (Emergency Department) in front of Carpark G. On entering, turn immediately left and follow signs to the CT/MR Reception. Please note the change in location, which is likely to be different from your previous visits to Radiology.
Hospital transport:	If you are eligible for hospital transport, please telephone 0333 240 4100
Contact details:	Telephone: 01603 286108 Email: nnu-tr.fluoroappointments@nhs.net Website: http://www.nnuh.nhs.uk/departments/radiology-nnuh

