

# Arthrogram

## What is a Arthrogram?

An arthrogram is a special test to look at a joint. Contrast (sometimes called 'dye') is injected into the joint to outline details that can't otherwise be seen. The test is done by a radiologist and takes approximately 30 minutes.

## To Prepare

- Please wear loose fitting clothing, the joint may be swollen following the procedure.
- Arrive at registration at least 30 minutes before the test.
- If there is a chance that you are pregnant, please tell your doctor or radiology staff.
- If you are taking blood thinners, talk to your doctor about possibly holding these medications before the test. Please take any other medications as scheduled, unless you have been informed otherwise by your doctor.
- If you have an allergy to contrast (dye), tell your doctor or radiologist prior to the procedure.

## What to Expect

- Once you have registered, you will be directed to the radiology department.
- A technologist will take you to the x-ray room and explain the test. They may have you change into a hospital gown.
- The radiologist will talk to you before the procedure and answer any questions you may have.
- X-rays will be used to locate a site of injection.
- The skin will be cleaned with a cleaning solution and covered with a sterile drape.
- The radiologist will begin by numbing the area. This may cause a temporary stinging sensation. Once the area is numb, a needle will be inserted into the joint.
- Once the needle is in place, a contrast fluid is injected. This contrast fluid is safe and is absorbed by the body, so it does not have to be removed.
- The needle will then be removed and band-aid will be placed over the needle site.
- After the contrast injections, you will then have a CT or MRI.

## After the Test

- You will need to rest the joint for 12 hours following the procedure.
- The joint may feel swollen for 2 to 4 days after the test.
- You will receive more detailed post-care instructions at the time of discharge.
- The test results will be sent to your doctor. Your doctor will share the results with you.

**If you have any questions or concerns, please ask the radiology department staff or contact your doctor.**

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