



**Location:** The Imaging Center  
8 Quakerbridge Plaza Drive  
Mercerville, NJ 08619  
(609) 890-0033

# Arthrogram Patient Fact Sheet

---

## What is an Arthrogram?

An arthrogram is a procedure used to examine cartilage and joint surfaces. This procedure is particularly effective for detecting tears or lesions of the structures and ligaments of the joints, especially the knee, wrist and elbow, as well as rotator cuff tears or damage from a shoulder dislocation. An arthrogram is sometimes performed as a sole diagnostic test if the site and nature of the injury are clearly apparent. Arthrography is an invasive technique with minimal risk of allergy to contrast material or infection. The procedure is performed in conjunction with MRI, CT, or X-ray. For more information please visit [www.radiologyinfo.com](http://www.radiologyinfo.com).

## Preparing for an Arthrogram

No special preparation is necessary before an arthrogram. Food and fluid intake do not need to be restricted. You should inform your physician of any medications you are taking and if you have any allergies, especially to iodinated contrast materials. Also inform your doctor about recent illnesses or other medical conditions.

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 jewelry, eyeglasses, or any metal objects or clothing that may interfere with the x-ray process.

Women should always inform their physicians or technologists if there is any possibility that they are pregnant. Many imaging tests are not performed during pregnancy so as not to expose the fetus to radiation.

## What to Expect During the Exam

Your skin will be cleaned with an antiseptic soap. Using a needle, the radiologist will anesthetize the area. After the area is numb, a needle will be placed into the joint space using fluoroscopy. When the needle is in the correct place, the contrast will be injected and a number of X-ray images will be taken. This part of your study will take about 30 minutes, after which you will be sent to the MRI scanner for the rest of your study.

## What the Radiology Department Needs to Know

- Are you allergic to contrast material?
- Do you have diabetes?
- Do you take Coumadin or other blood thinners?
- Are you being treated now for any kind of infection?
- Do you have a history of claustrophobia?
- Do you have any metal in your body, such as a pacemaker, aneurysm clip, artificial heart valve, hearing aid, medication pump, dentures, orthopedic pin/rod/wire/plate, or shrapnel or gunshot fragment?
- For women: are you using an IUD or diaphragm? Are you breastfeeding an infant, pregnant, or suspect that you are pregnant?

## What to Expect After the Exam

You may leave the department after your exam. Normal activities are fine, but avoid athletic or strenuous activities for 24 hours. You may experience some discomfort or swelling which you may treat with over-the-counter non-steroidal anti-inflammatory medicines like Advil. Ice packs may be helpful for the first 24 hours.

## About your Results

One of our board-certified radiologists will read the film, typically within 24 hours. Within 48 hours, a report will be sent to the ordering physician, as well as any other physician you may have requested. If you need to pick up your results, you may do so from our medical records department.

Please feel free to contact our office if you have any further questions.