



PATIENT INFORMATION

X-RAY PROCEDURES Arthrogram

What is it? This examination provides information about the inside surfaces of joints, most commonly hips, shoulders and wrists.

What does it involve? Local anaesthetic is injected into the skin to numb the area of interest. A small amount of contrast media is injected into the joint and this outlines the joint cavity and articular surfaces. Degenerative changes to the joint and tears to the cartilage or synovial membrane are then more easily seen. A series of x-rays are taken of the joint, and most patients then move to the MRI scanner for more detailed imaging.

How long will it take? This x-ray examination takes approximately 30 minutes then another 30 minutes in MRI.

Is there any preparation? Nothing to eat or drink for 4 hours before the examination.

Aftercare: The patient is to rest the joint for 24 hours after the examination but may resume exercise/workouts the following day. It is important to monitor the injection site and joint for any signs or symptoms of infection over this time. If there are any signs of redness, swelling and/or pain in or around the joint, please contact your GP as soon as possible.