



## Arthrogram

An arthrogram is a special imaging study of any joint in the body. This study helps doctors identify joint problems that may be caused by infection, inflammation, tumor, trauma or birth defect (abnormal bone or cartilage development).

### Preparation and Instructions

Patients **should not** eat before this exam. Some children may need sedation and/or pain medicine during this study. The radiology nurse will talk with you about your child's medical history a day or two before the exam. The nurse will then give you instructions.

### The Exam

This exam may involve different imaging equipment in the radiology department including plain X-rays, MRI (magnetic resonance imaging), fluoroscopy and/or CT (computed tomography). These different studies of your child's joint give the radiologist detailed information about the bones, cartilage, ligaments and tendons around the joint. The decision on how the study will be done will be discussed with you and your child.

A typical arthrogram may occur in this order:

1. Plain X-rays are taken of the affected joint. (15 minutes)
2. Radiology nurses, with experience in pain management and sedation, will assess and monitor your child before, during and after the arthrogram. Small children may need sedation while preteens and teens may not.
3. In most cases an MRI of the affected joint will be performed first. (30 to 45 minutes)
4. Next your child will go to fluoroscopy, where the radiologist will see the affected bones and joint "live" on a monitor. The radiologist will numb this area and inject a special X-ray medicine into the joint. This special medicine will then become visible on the monitor and in CT/MRI. (30 minutes)
5. After fluoroscopy, your child will be taken to MRI (30 to 60 minutes) or CT (20 to 30 minutes) for imaging.

### After the Exam

An arthrogram exam may take two to three hours to complete. Children needing sedation will be monitored by the nurses for up to two hours following the exam. After the arthrogram, the joint or injection site may be sore for **one day**. The nurse will give you care instructions.

**Please call (214) 559-7450 if you need to cancel or reschedule your child's appointment or if you have any questions or concerns about this exam.**