

Arthrogram

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Your health care provider wants you to have an arthrogram to look at your hip, knee, shoulder or other joint.

The radiologist will inject a contrast into your joint. The contrast will help your joint be seen on the X-rays.

The procedure will take about 60 minutes.

What To Tell Your Health Care Provider

Tell your health care provider if you:

- have had a contrast reaction
- have any allergies to latex or medicine
- are breastfeeding, pregnant or think you may be pregnant
- take a blood thinner, such as warfarin (Coumadin®)
- have diabetes. Ask for an early morning appointment and talk to your health care provider about your medicine needs.
- take any other medicines. Check with your health care provider to see if you have special medicine instructions.

Before the Procedure

- If you had any X-rays or other imaging tests done at a different facility, please arrange to have them sent (electronically or the films) to the hospital or clinic where you are having the procedure.

Your Appointment

Location: _____

Date: _____

Time: _____ a.m. / p.m.

Plan to spend at least _____ minutes / hours at the facility.

Phone number: _____

If you need to cancel or reschedule, call at least 24 hours before your scheduled appointment.

- You may eat and drink as usual before the exam.
- Bring a list of your current medicines with you to the procedure. Include all prescription, over-the-counter, vitamins, herbal or natural products.
- Take any medicines you need with a small sip of water, or as directed by your health care provider.
- Please follow any instructions you received from your health care provider.

During the Procedure

- You may be asked to change into a hospital gown.
- You will lie on an X-ray table.

(over)

- The radiologist will give you an injection of medicine to numb your joint.
- He or she will insert a small needle into your joint. The contrast will be injected into your joint through the needle.
- The health care provider may move your joint around to circulate the contrast.
- X-rays will be taken of your joint in different positions.

After the Procedure

- You may notice a tight, full feeling in your joint for a few hours. Limit your activities for the rest of the day to help prevent swelling of the joint.
- Return to your normal diet and medicines. Follow any instructions your health care provider gave you.
- If there is swelling, call your health care provider.

Follow-up Results

- A radiologist will look at and interpret the X-rays.
- Your health care provider will receive the exam results. He or she will either talk with you about the results or mail you the results.