

# Arthrogram

An arthrogram is performed to evaluate the structure and function of extremity joints, such as the shoulder, elbow, wrist, hip, knee or ankle. The procedure can help determine the need for treatment, including surgery or joint replacement.

This is a two-part procedure consisting of a contrast injection into the joint, followed by an MRI or CT scan of the joint. The entire procedure will take about an hour.

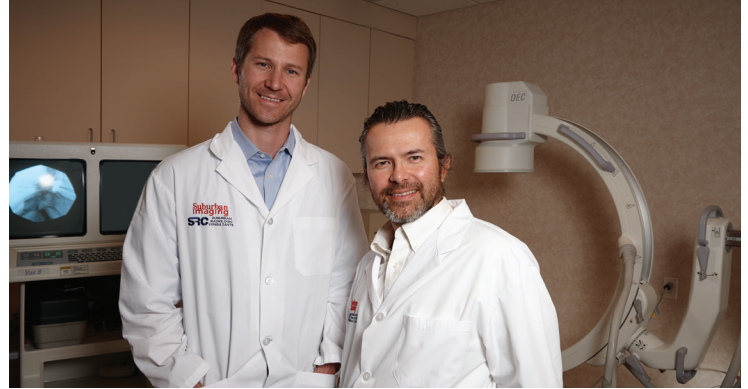
## How you should prepare

### If your exam is at Suburban Imaging – Southdale:

- Nothing to eat or drink three hours before your exam.
- Follow the preps listed below.

### Preps for all locations:

- If you have an active infection and are taking antibiotics, the medication course must be complete prior to the procedure, to ensure that no infection remains.
- Wear comfortable clothes without metal fasteners, including zippers, buttons and snaps.
- Arrive 15 minutes early to complete registration.
- Bring your appointment form, insurance card and a valid photo ID.
- Please let us know about any of the following:
  - Pregnancy, known or possible
  - Allergies to medications, iodine or x-ray contrast
  - Metal in your body (pacemaker, hearing aid, etc.)



## What happens during the exam

### Part one – injection

The first part of an arthrogram uses fluoroscopy – a specialized type of x-ray equipment that images the area in real time, and displays it on a video monitor. Depending on the area to be injected, you will lie on an x-ray table on your stomach or back. The fluoroscopy camera will be positioned above you. The area to be injected will be cleansed with an antiseptic solution. Local anesthetic will be applied to numb the area.

A small needle will be placed in the joint and contrast material (i.e. x-ray dye) is injected to confirm that the needle is in the correct location. Some patients feel a slight pressure sensation or discomfort as the contrast is injected. Anesthetic or steroid preparation may also be injected into the joint, depending on the specific procedure ordered by your healthcare provider.

The injection portion takes about 30 minutes.

### Part two – MRI or CT scan

In most cases, an MRI (or occasionally a CT scan) will be performed after the injection to obtain more information about the structure of the joint; this takes about 30 minutes.

## After your exam

A summary of the procedure and the findings will be sent to your healthcare provider. Your healthcare provider will contact you to discuss the results.

Unless directed otherwise, you may resume your normal diet and prescribed medications (resume blood thinner medication tomorrow). Rest for the remainder of the day; avoid heavy lifting and strenuous activities for 24 hours.

You may feel some tingling/numbness in your legs and feet or arms and hands; this is temporary. You may also experience soreness at the injection site; use an ice pack to help relieve discomfort, once every two hours for 20 minutes at a time.

As with any procedure involving a needle, there is a rare chance of infection or bleeding at the injection site. Reaction to the contrast material used during the procedure is also rare (such as itching, sneezing or rash).

>> Map and directions on reverse side >>

# Suburban imaging

www.suburbanimaging.com

## Your scheduled appointment

Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ Appointment Time: \_\_\_\_\_

### Location:

- Coon Rapids scheduling: 763.792.1999
- Maple Grove scheduling: 763.792.1999
- Southdale scheduling: 952.893.0000

## Suburban IMAGING – Coon Rapids

MMEC I, Suite 140  
8990 Springbrook Drive  
Coon Rapids, MN 55433  
main 763.792.1900

## Suburban IMAGING – Maple Grove

Arbor Lakes Medical, Suite 310  
12000 Elm Creek Blvd  
Maple Grove, MN 55369  
main 763.416.7888

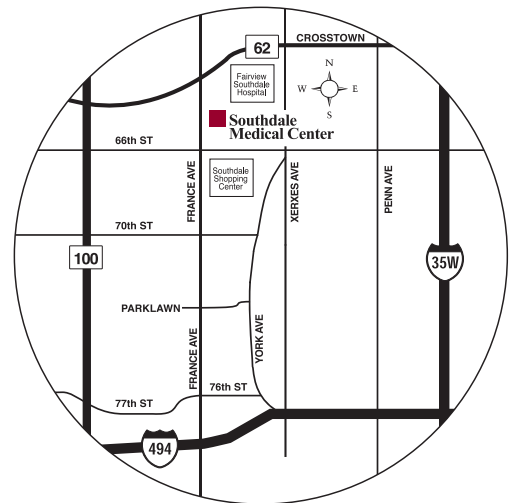
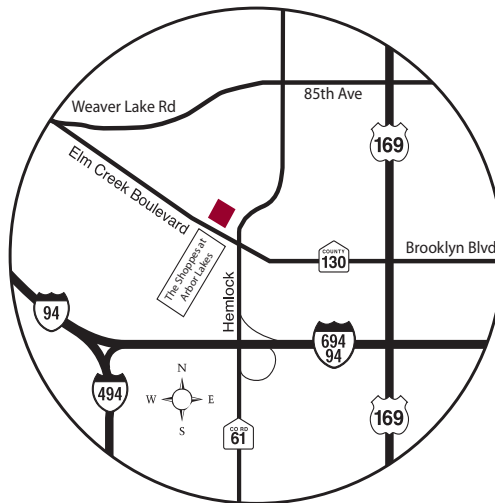
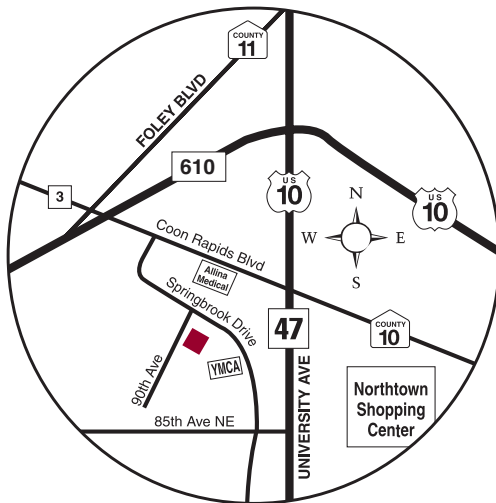
## Suburban IMAGING – Southdale

Southdale Medical Center, Suite 125  
6545 France Avenue S  
Edina, MN 55435  
main 952.405.2777

Suburban Imaging—Coon Rapids is in the center of the building with free parking.

Suburban Imaging—Maple Grove is on the third floor of the Arbor Lakes Medical Building, with free parking.

Suburban Imaging—Southdale is on the first floor of the Southdale Medical Center, with free parking.



### From the North

Take Hwy 10 east and merge onto Hwy 47 (right two lanes). Exit on Coon Rapids Blvd/ Cty Rd 3 (next exit after 610 exit). Turn right on Coon Rapids Blvd, and take an immediate left onto Springbrook Drive. Turn right onto 90<sup>th</sup> Ave. Take the first left into our parking lot.

### From the South

Take I-694 west to University Ave (Hwy 47). Turn right and continue north on University Ave. Turn left at 85<sup>th</sup> Ave. Turn right onto Springbrook Drive; left onto 90<sup>th</sup> Ave. Take the first left into our parking lot.

### From the West

Go east on Hwy 610 and take the Coon Rapids Blvd (Cty Rd 3) exit. Turn right onto Coon Rapids Blvd. At the second stoplight, turn right onto Springbrook Drive. Turn right on 90<sup>th</sup> Ave. Take the first left into our parking lot.

### From the East

Go west on Cty Rd 10, which becomes Coon Rapids Blvd. Proceed past Northtown Shopping Center. Turn left onto Springbrook Drive. Turn right onto 90<sup>th</sup> Ave. Take the first left into our parking lot.

### From the North

Go west on Hwy 610 and exit on Hwy 169 south. Continue south on Hwy 169 and take the Brooklyn Blvd exit. Go right on Brooklyn Blvd (turns into Elm Creek Blvd). Cross Hemlock Lane and take the first right into the Arbor Lakes Medical parking lot.

### From the South

Go north on I-494 to east I-694/94. On I-694/94, take first exit, Cty Rd 61 (Hemlock Lane), and turn right. Continue on Hemlock and cross Elm Creek Blvd. Turn left into the Arbor Lakes Medical parking lot.

### From the West

Go east on I-94 and continue on I-694/94. Exit Cty Rd 61 (Hemlock Lane) and turn right. Continue on Hemlock and cross Elm Creek Blvd. Turn left into the Arbor Lakes Medical parking lot.

### From the East

Go west on I-694/94, exit Cty Rd 61 (Hemlock Lane) and turn right. Continue on Hemlock and cross Elm Creek Blvd. Turn left into the Arbor Lakes Medical parking lot.

### From the North

Go south on Hwy 100 and exit Hwy 62 (Crosstown) going east. Follow to France Ave exit and turn right. Turn left onto 65<sup>th</sup> St and take immediate right into Southdale Medical Center parking lot.

### From the South

Go north on Hwy 100 and exit Hwy 62 (Crosstown) going east. Follow to France Ave exit and turn right. Turn left onto 65<sup>th</sup> St and take immediate right into Southdale Medical Center parking lot.

### From the West

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### From the East

Go east on Hwy 62 (Crosstown). Follow to France Ave exit and turn left. Turn left onto 65<sup>th</sup> St and take immediate right into Southdale Medical Center parking lot.