

Suburban imaging

Thank you for choosing Suburban Imaging.

Our team of subspecialty-trained radiologists, qualified imaging technologists and friendly professional staff come together to provide you with compassionate care.

Your comfort is our main concern.

We are conveniently located throughout the Twin Cities area to provide easy access for your imaging needs:

**Blaine • Burnsville • Coon Rapids • Fridley
Maple Grove • Northwest • Southdale • The Breast Center**

We offer the following services:

**MRI • CT • PET/CT • Ultrasound
Spinal & Joint Injections • Nuclear Medicine
Vascular Center • X-ray • Bone Density
Mammography • Breast Diagnostic Services**

your scheduled appointment

Date: _____ Time: _____

MR Arthrogram

Special instructions:

Location:

Southdale

Southdale Medical Building
6545 France Ave. S., Suite 125 | Edina, MN 55435
scheduling line: 952.893.0000

For detailed directions, visit our website:

www.suburbanimaging.com

*MR Arthrogram is also available at our Coon Rapids
and Maple Grove locations; preparation is different.*

what you should know
& how to prepare

MR Arthrogram



Suburban imaging

[www.suburbanimaging.com]



What is an MR Arthrogram?

An arthrogram is performed to evaluate the structure and function of extremity joints, such as the shoulder, elbow, wrist, hip, knee or ankle. It is a two-part procedure consisting of a contrast injection into the joint, followed by an MRI scan of the joint. The entire procedure will take about an hour.

An arthrogram is ordered to:

- Find tears, degeneration or disease in the cartilage, ligament or tendon
- Detect growths or synovial cysts in the joint
- Diagnose unexplained joint pain
- Determine the need for treatment, including arthroscopy, surgery or joint replacement

How you should prepare

- If you have an active infection and are taking antibiotics, the medication must be complete prior to the procedure.
- If you are taking blood thinners (Coumadin, Plavix, Ticlid), you will have to hold the medication for 3 days prior to the procedure. (Pradaxa: 2 days; Lovenox 1 day.) Contact your healthcare provider before stopping any medication to determine if it is safe for you. You will need an INR drawn the day of the procedure.
- Do not eat or drink for 3 hours prior to your procedure.
- Wear comfortable clothes without metal fasteners, including zippers, buttons and snaps.
- Arrive 15 minutes early to complete registration.
- Bring your 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 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. Rest for the remainder of the day and avoid heavy lifting and strenuous activities.

You may experience some soreness at the injection site for up to 24 hours; an ice pack placed on the affected area may help to relieve this.

As with any procedure involving a needle, there is a small chance of infection or bleeding. Rarely there could be neural injury, headache, temporary numbness, weakness or facial flushing.