

Imaging Arthrogram

Arthrogram is a test to help assess and diagnose painful joint conditions. It is good for finding problems within joints. For this test, you will lie on an X-ray table. The area to be injected will be washed with a germ-killing soap, which will feel cold. Then the area will be numbed with medicine (you will feel a pin prick and slight burning). Using X-ray, the provider will inject contrast into the joint space to check needle placement and then will inject MRI dye. You may feel some pressure and discomfort. After the dye is injected you will be taken to the MRI area for pictures. The dye within the joint shows up on the MRI pictures. This allows the radiologist to evaluate the structures within the joint.

Activity:

- You may return to your normal activity, including exercise, the next day.
- Follow your doctor's instructions about going back to work. Often patients return to work the next day.

Injection site care:

- Check your injection site for bleeding or swelling each day. A small bruise and tenderness is normal for 1 to 2 days.
- Keep the injection site clean and dry for 3 days.
- You may shower the day after the procedure.
- Remove the bandage after 24 hours and replace if you think it is needed.
- Do not submerge the site in water (pool, bath, or hot tub) for 7 days or until fully healed.

Medicines and pain management:

- Soreness, swelling, or bruising around the injection site is normal.
- Mild numbness, tingling, or weakness around the injection site may last a few hours after the injection.
- The injection may cause pain for 1 to 2 days. Take prescription or over the counter pain medicine as directed by your caregiver.

Call the doctor who ordered the test if you have:

- A major change in your pain.
- Signs of infection at the injection site, such as increased redness or swelling, warmth, worsening pain, bleeding, or foul-smelling drainage.
- Chills or an oral temperature above 100.4 °F (38 °C).

Get care right away if:

- You are not able to walk or move your arms or legs.
- You have trouble breathing.

Additional Information

Not Smoking is very important to your recovery and health. If you smoke, **Please Stop**. Information and support to help you quit is available from your doctor, nurse, or contact Bronson Health Answers at (269) 341-7723.

For best care:

1. **Always** carry an updated medicine list with you.
2. Keep your primary care doctor updated.
3. Use **one** pharmacy to fill your prescriptions.