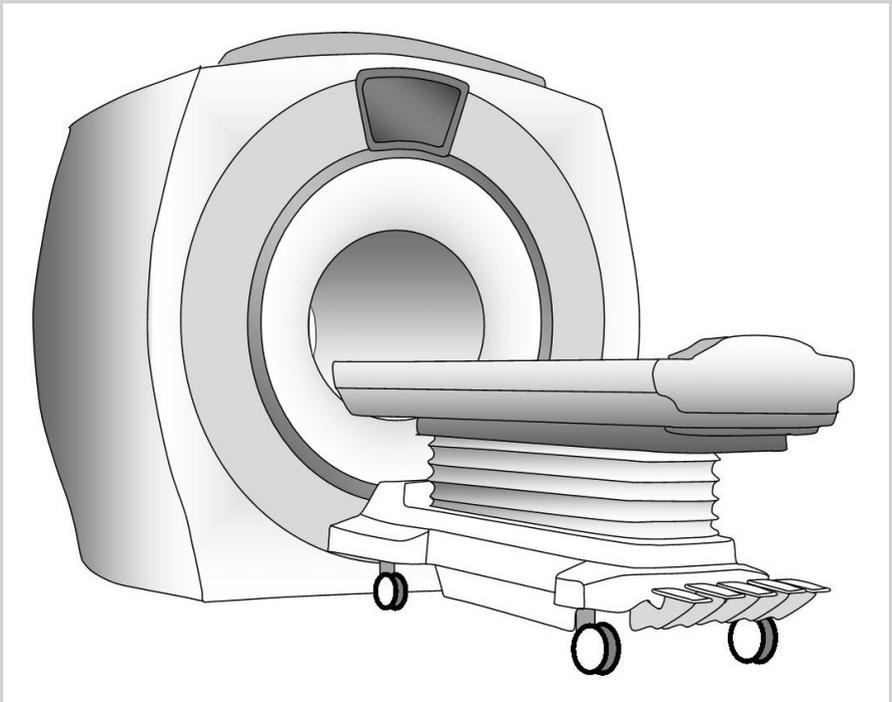


# Having an MRI Arthrogram

Department of Radiology  
Information for Patients



Radiology Leaflet No. 16

University Hospitals of Leicester **NHS**  
NHS Trust

*Caring at its best*

## Introduction

If you are an outpatient please read your appointment letter carefully to check which hospital you must attend for your appointment.

## Referral and consent

The consultant who referred you should have discussed the reasons for this procedure with you and you should make sure that you understand these before attending for the procedure.

You have been referred to a radiologist for this procedure. Radiologists are doctors who have trained and specialised in imaging and x-ray treatments. They will confirm that you understand why the procedure is being done and will explain to you its potential risks and what the chances of success are. You will then be asked to sign a consent form to confirm this. You are always free to ask any questions.

If the radiologist feels that your condition has changed or that your symptoms do not indicate such a procedure is necessary then they will explain this to you, communicate with the referring clinician and ask that you return to your referring clinician for review. At all times the radiologist and referring clinician will be acting in your best interests.

## What is an MRI arthrogram?

An 'MRI arthrogram' is an arthrogram followed by an MRI scan.

An arthrogram is a special X-ray procedure to look at the joints within the body such as the shoulders, ankles, hips or knees. Some contrast medium (a colourless liquid that shows up on MRI scans and X-rays), will be injected to show up the joint being examined.

MRI is a test which uses a powerful magnet and a computer to produce detailed images of any part of the body. The MRI scanner does not use X-rays.

## Important safety information

Before you have an MRI scan it is essential that we are 100% certain that **you do not have a pacemaker.**

You must tell us, by phoning the number on your appointment letter if you have any of the following. (If you are an inpatient please ask staff on your ward to phone the MRI scanner)

- If you have a pacemaker or defibrillator
- If you have ever had any metal fragments in your eyes
- If you have any implants or surgical clips in your body or head
- If you have ever had an operation on your head, eyes, ears, heart or chest.
- If there is any chance of you being pregnant
- If you have had an operation in the last 6 weeks
- If you are breast feeding
- If you have a cochlear implant.

## Important safety information (continued)

**If you are taking medication that thins the blood please contact the radiology department for advice, as soon as possible, by phoning the number on your appointment letter. These drugs include warfarin, aspirin and Clopidogrel.**

If you have been sent a safety questionnaire with your appointment letter please fill it in and follow the instructions in the appointment letter and questionnaire.

## How to prepare for the MRI arthrogram

**If your appointment letter contains preparation instructions it is very important that you follow these instructions carefully. Please bring any sprays or inhalers that you are taking with you to the arthrogram appointment. If you are on medication from your doctor please continue to take it as normal.**

**You will need someone to drive you home after the examination.**

A member of staff will explain the procedure fully and ask you to complete a safety questionnaire before starting the scan if you haven't already done so. It is helpful to wear clothes which do not have metal zips or clips.

Before the scan you will need to remove all loose metal objects, including your watch, money, credit cards, keys, all jewellery, hair clips, wigs or hair pieces and any eye makeup.

## What happens during the examination?

On arrival at the radiology department you may be asked to change into a hospital gown. If you are having a knee or ankle arthrogram you may wear a short skirt or short trousers. You will be taken into the X-ray room where the examination will be explained to you and you can ask any questions that you may have.

X-rays may be taken of your joint before the arthrogram procedure begins. You will then be asked to lie down on the X-ray table.

Your skin will be cleaned with antiseptic liquid and sterile towels will be placed over you.

Local anaesthetic will be injected into the skin to make the procedure less painful and then a small amount of contrast medium will be injected into the joint. X-ray pictures will then be taken with the joint in different positions. In some patients local anaesthetic is also injected into the joint capsule.

Occasionally some of this local anaesthetic can diffuse out of the joint and called numbness and weakness in the limb. This is one of the reasons we advise you not to drive after the examination. You will then be taken to the MRI scanner where the scan will be explained and you may ask any questions that you may have. You will be asked to lie down on the scanner table which will move into the magnet.

During the scanning you will hear a rhythmic tapping sound which may become quite loud. This is normal. You will be given headphones or earplugs to protect your ears from the noise.

The radiographer operating the scanner can see you throughout the scan. You will be given a call button to alert the staff if you need to speak to them during the scan.

## How long will it take?

The arthrogram will take 15 to 30 minutes. An MRI scan usually takes between 30 and 45 minutes. The time will vary for each patient.

## How do I get the results?

The results will not be given to you immediately. Your MRI arthrogram pictures will be studied by a radiologist and the results will be sent to the consultant who referred you for this examination. If you are an inpatient when you come for the examination the results will be given to the doctors looking after you on the ward.

An explanation of how to get your results will be given to you following your examination.

## Risks and benefits

An arthrogram is a common examination that has little risk. However there is a very small risk of an infection being introduced into the joint.

No short term harmful effects have been found from MRI scans. The use of magnetic fields is not thought to be harmful. However long term side effects are unknown.

There is a very small risk of allergic reaction from the injection but this is extremely rare. If you do experience any side effects please inform the staff immediately.

**If you have any problems after the examination please see your GP.**

## Background radiation

We are all exposed to natural background radiation every day of our lives. This comes from the sun, the food we eat, and the ground. Each examination gives a dose on top of this natural background radiation. The radiation from the X-rays during an arthrogram is equivalent to receiving a few days worth of natural background radiation. The risks of radiation are slightly higher for the unborn child so we must ask female patients aged 10 to 55 years about their menstrual history.

## Other Sources of Information

### Websites

For general information about radiology departments visit the **Royal College of Radiologists website:** [www.goingfora.com](http://www.goingfora.com)

Please note that the views expressed in this website, do not necessarily reflect the views of UHL or the NHS.

**University Hospitals of Leicester website:**  
[www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk)

### NHS Direct:

For health advice or information you can call NHS on: 111.

## Additional hospital information

### How was it for you?

If you wish to make any comments or suggestions regarding your visit to the Radiology Department please fill in a suggestion form or speak to a member of staff. Suggestion forms are located in all waiting areas within the department.

University Hospitals of Leicester NHS Trust also has a Patient Information and Liaison Service (PILS), and you are welcome to contact them on:

Freephone: 08081 788337

email: [pils.complaints.compliments@uhl-tr.nhs.uk](mailto:pils.complaints.compliments@uhl-tr.nhs.uk)

We review our information leaflets on a regular basis. If you have any comments about how we can improve these leaflets please speak to a member of staff.

## Directions and car parking

Hospital car parking is available to all hospital patients and visitors. Spaces are limited so please allow plenty of time to find a car parking space. Parking charges are payable, please check tariff boards or the hospital website for full details. As well as the hourly rates there are a range of saver tickets available for patients and prime carers. Dedicated disabled parking bays are also available.

## Directions and car parking (continued)

Marked disabled bays exist outside of the public car parks for which there is no charge. If you park in the car parks the fee will apply.

Drop off bays exist at the main entrances, these bays have a 20 minutes maximum stay.

Certain qualifying benefits as notified by the Department of Social Security entitle the patient to free or reduced parking. For more information contact the Cashiers office.

## Bus services to the hospital

Our aim is to ensure that there are car parking spaces available for those who really need to use them. We encourage you to use public transport or walk to the hospital if you are fit and well.

For information on bus routes and times contact Traveline on 0871 200 2233. Our Hospital Hopper shuttle bus service links our three hospitals with Beaumont Leys Centre, Hamilton Centre, the Railway station and St Nicolas Place (Park and Ride hub). The buses run from 6:30am until 7pm every 30 minutes from Monday to Friday. The nationally recognised concessions are valid on buses in Leicester including the Hospital Hopper. Contact the UHL Travelwise Manager on 0116 258 3796 for more information on the Hospital Hopper.

## Relatives and escorts

You may wish to bring a friend or relative to accompany you to and from the Radiology Department when you have your examination although they may not always be allowed into the examination room. This may be useful if you do not understand English very well or if you have any special needs.

## Children

Baby changing facilities are available. Please ask to be shown to them if you wish to use them.

We are unable to offer childcare facilities. If you need to bring your children with you, please bring along an adult who can supervise them whilst your examination is being carried out. Radiology staff are not able to supervise your children.

## Facilities available

### **Refreshments:**

Refreshments including hot and cold drinks are available in the hospital. Please ask a member of staff for directions.

### **Shops:**

Each hospital contains a shop selling magazines, newspapers, sweets and drinks. Please ask a member of staff for directions.





## Today's research is tomorrow's care

We all benefit from research. Leicester's Hospitals is a research active Trust so you may find that research is happening when you visit the hospital or your clinic.

If you are interested in finding out how you can become involved in a clinical trial or to find out more about taking part in research, please speak to your clinician or GP.

If you would like this information in another language or format, please contact the service equality manager on 0116 250 2959

إذا كنت ترغب في الحصول على هذه المعلومات في شكل أو لغة أخرى ، يرجى الاتصال  
مع مدير الخدمة للمساواة في 0116 250 2959.

আপনি যদি এই লিফলেটের অনুবাদ - লিখিত বা অডিও টেপ'এ চান, তাহলে অনুগ্রহ করে সার্ভিস  
ইকুয়ালিটি ম্যানেজার ডেভ বেকার'এর সাথে 0116 250 2959 নাম্বারে যোগাযোগ করুন।

如果您想用另一种语言或格式来显示本资讯，请致电 0116 250 2959  
联系“服务平等化经理” (Service Equality Manager)。

જો તમને આ પત્રકઠાનું લેખિત અથવા ટેઈપ ઉપર ભાષાંતર જોઈતું હોય તો  
મહેરબાની કરી સર્વિસ ઈકુવાલિટી મેનેજરનો 0116 250 2959 ઉપર સંપર્ક કરો.

यदि आप को इस लीफ़लेट का लिखती या टेप पर अनुवाद चाहिए तो कृपया  
डेव बेकर, सर्विस इक्वालिटी मैनेजर से 0116 250 2959 पर सम्पर्क कीजिए।

Jeżeli chcieliby Państwo otrzymać niniejsze informacje w tłumaczeniu na inny język  
lub w innym formacie, prosimy skontaktować się z Menedżerem ds. równości w  
dostępnie do usług (Service Equality Manager) pod numerem telefonu 0116 250 2959.

નેકર તુવાનું ઈસ લીફલેટ ડા સિખતી નાં ટેપ કીઝા અનુવાદ ચાહીદા હોંદે તાં કિરપા કરહે હેઇ ષેકર, સર્વિસ  
ઇકુઆલિટી મેનેજર નાલ 0116 250 2959 'એ સંપર્ક કરો।

Ak by ste chceli dostať túto informáciu v inom jazyku, alebo formáte, kontaktujte  
prosím manažéra rovnosti služieb na tel. číslo 0116 250 2959.

Haddaad rabto warqadan oo turjuman oo ku duuban cajalad ama qoraal ah  
fadlan la xirii, Maamulaha Adeegga Sinaanta 0116 250 2959.