

## CT Arthrogram- Small Joints (Elbow, Wrist, Ankle or Foot)

Patient: \_\_\_\_\_ Appointment Date: \_\_\_\_\_  
Appointment Time: \_\_\_\_\_ am/pm

Location: Diagnostic Imaging Department, lower level at Mankato Clinic  
1230 East Main Street, Mankato, MN 56001  
Please enter the Mankato Clinic front door (marked #50)

**Please check in at the Family Practice desk on the first floor, for your injection prior to the CT.**

If you are unable to keep your appointment or have questions, please call (507) 389-8570.

### What is a CT Arthrogram?

CT arthrography is designed to diagnosis problems within a joint. Contrast dye is injected into the joint and surrounding structures within the joint. This helps to enhance visualization of the joint structures.

### How do I prepare for the test:

- Before scheduling your test, please tell your provider if you are:
  - **Pregnant**, or think you may be pregnant.
  - **Allergic to intravenous contrast** – You may need to take special medication before your test.
- You should avoid eating anything heavy prior to your injection.
- Please avoid taking any over-the-counter blood thinning medications NOT being prescribed by your provider the day of your procedure. Examples include: Advil, ibuprofen, aspirin, and baby aspirin.
- If you take any other blood thinners, please consult your doctor regarding instructions to stop that medication.
- We recommend contacting your insurance company prior to your appointment to confirm coverage for this test.
- If you wear a glucose monitor, you will be **REQUIRED** to remove it prior to your scan for your own safety. If appropriate, you may request to have your scan scheduled to coordinate with the next replacement date of your monitor.
- For safety reasons and to ensure high-quality imaging, young unsupervised children should not accompany parents to imaging appointments. Safety guidelines limit the number of people in the exam room, and children may not be left unattended in the waiting or lobby areas.

### What will happen during the test:

- You will be asked to change into a gown.
- Area will be assessed under ultrasound guidance to determine the best way to inject the joint.
- Prior to the procedure, the skin is cleansed with antiseptic swabs to remove surface bacteria. A sterile drape or towels will be placed around the area to create a sterile field.
- The Physician may inject a local anesthetic called lidocaine to numb the area. You may feel a slight sting/pressure with this.
- A fine (thin) needle is then inserted into the joint/tendon. Under ultrasound guidance, contrast dye may be injected into the joint space to verify proper location of the needle.
- You will then be taken to CT where you will be asked to lie on the scanning table.
- Once your CT test begins, you may be asked to hold your breath. During the scan, please try to hold still and follow breathing instructions. Your exam will take approximately 20 minutes to complete.

### Instructions for after the test:

- A Band-Aid will be applied to the injection site and may be removed after 2 hours.
- Area may be tender or sore for several days following the injection. To help with this discomfort, you may:
  - Take 1-2 tablets of Acetaminophen (Tylenol) every 6 hours
  - Apply an ice pack or wrap
- The final signed report will be sent to the provider that ordered your test.
- Contact your health care provider immediately if you experience redness or swelling at your IV site.
- Your test results will be available in your Patient Portal immediately after your provider reviews them. Your provider will discuss the results with you at your follow-up appointment. If you do not have a follow-up appointment, your provider will contact you by letter or phone within five to seven business days.