

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

Patient: _____ Appointment Date: _____

Appointment Time: _____ am/pm

Location: Cardiology/Nuclear Medicine Department, 1st Floor 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 MRI.

If you are unable to keep your appointment or have questions, please call (507) 389-8637.

What is an MRI Arthrogram?

MRI 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 have any of the following:
 - cardiac pacemaker
 - brain aneurysm clips
 - cochlear/inner/middle ear implants
 - pregnancy
 - bullet or shrapnel wounds
 - injury to the eye involving metallic object or foreign body.
- Please tell your provider if you have any allergies to intravenous contrast (IV X-ray dye) or have ever had a serious allergic reaction to any substance. You may need to take special medication before your test.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this 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.
- You will need to remove all metal objects and dentures prior to your exam.
- 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.
- You will need to remove all piercings including dermal piercings prior to your exam.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their MRI appointments. Safety practices require that only the patient is allowed in the scan room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test, which will result in better image outcomes.
- If your provider has prescribed oral sedation with your exam, you will need a driver to accompany you to and from your exam.

What will happen prior to the MRI:

- When you arrive, the MRI safety screening form will be reviewed and signed by you and the MRI technologist.
- You will be asked to change into a gown and remove all magnetic items.
- Area will be assessed by fluoroscopy to determine the best way to inject the joint.
- Prior to the injection, 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 radiologist 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, a mixture of medication will be injected into the joint.

After the injection:

- You will then be taken to MRI where you will be asked to lie on the scanning table. A special coil will be positioned close to the area of your body being examined.
- Once your MRI test begins, you will hear rapidly repeating, thumping noises come from the walls of the scanner. You will be given hearing protection to quiet the noise.
- It is very important to avoid movement.
- Your exam will take approximately 2 hours to complete.

Instructions for after your test:

- A Band-Aid will be applied to the injection site and may be removed after two 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
- You may return to your regular work/activity schedule.
- Please try to avoid bathing, strenuous activity, exercise (ex. running, tennis, aerobics) or heavy lifting for 24 hours.
- Possible but uncommon risks or side effects may include: swelling, bruising, skin irritation/color changes, infection, allergic reaction to the medication, bleeding, weakness in the extremity (arm/leg), facial blushing or tendon rupture.
- If you have any concerns, notice any increasing pain or tenderness, excessive swelling, redness or warmth to the touch, please contact your primary care provider.
- Your test will be reviewed and read by a Radiologist.
- 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.