

Having an MRI Arthrogram

Patient information leaflet

**If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Introduction

This information aims to answer your questions about having an MRI Arthrogram scan. It explains the benefits and risks of the procedure, as well as what you can expect when you come to the hospital. If you have any further questions, please speak to your referrer or the Radiographer performing your scan.

What is an MRI scan?

MRI stands for Magnetic Resonance Imaging. MRI scans use strong magnetic fields, gradients and radio waves to produce detailed images of your body. A Radiographer will perform this scan for you and a Radiologist (specialist imaging doctor) looks at these images and makes a report which goes to your referrer. An MRI arthrogram will also use a special type of x-ray called fluoroscopic imaging to view images in real time or an ultrasound machine depending upon which area is being investigated.



How should I prepare for the scan?

Before your MRI scan

For most MRI scans, you do not need to do anything to prepare for the scan.

Sometimes we will advise you not to eat before your scan. Your appointment letter will tell you how long before the scan to stop.

Please contact us using the number on your appointment letter if you have any of the following; even if you have been told you can have an MRI scan:

- Pacemaker or implanted defibrillator
- Surgical clips in your head
- Hydrocephalus shunt (programmable)
- Hearing devices implanted into the head or ear (hearing aids are ok)
- Implanted electronic devices or any implant with an electronic programmer
- Implants where a magnet is used to access a port for injections (such as a gastric band)
- If you have had surgery in the last six weeks before your MRI appointment
- If you are pregnant or could be pregnant.

If you are taking blood thinning agents or anti-platelet drugs e.g. Warfarin, Plavix or Chlopigogrel, please contact the department on the number in your appointment letter.

If you are taking any other medicines, please continue to take these as usual unless you have been told otherwise by your doctor.

What do I need to wear?

We encourage you **not** to bring or wear any valuable items or jewellery.

You will be asked to change into a hospital gown and asked to remove any loose metal objects, jewellery, watches, credit cards, money or electronic devices for your scan, as well as hairclips and hair pieces. Lockers are provided for safe keeping of items.

You will need to remove diabetic monitors and metal dentures just before your scan. Dental fillings will not affect the scan.

Please remove **all** piercings prior to attending for your scan.

If you have ever had metal fragments in your eyes or worked with metal at high speeds it is essential you inform the department before your scan.

What to expect

What is an MRI Arthrogram?

An MRI arthrogram is a type of scan that uses strong magnetic fields and radio waves to produce detailed images of joints, such as the shoulder, hip or wrist. Part of the scan involves having an injection of a small amount of sodium chloride (salty water) solution that helps make joint structures more visible during an MRI scan into the joint, under x-ray or ultrasound guidance.

What will happen on the day of the appointment?

We will greet you and then privately go through your completed safety questionnaire. This is a good opportunity to ask any questions you may have. We will then ask you if you are happy to go ahead with the MRI arthrogram.

We will then take you to the fluoroscopy room in the x-ray department and ask you to lie down on an x-ray table. We will then clean the skin around your affected joint with antiseptic before numbing the area with a local anaesthetic injection. Once the local anaesthetic has taken effect, a specialist Radiographer or Sonographer will insert a needle into your affected joint under x-ray or ultrasound guidance. Once the needle is in the correct position, the specialist Radiographer or Sonographer will then inject your joint with sodium chloride (salty water).

Once complete you will be escorted to the MRI scanner where an MRI Radiographer will meet you and run through the MRI safety questionnaire. The MRI scanner looks like a 'tunnel' which is open at both ends.

- Depending on the body part we are looking at, you may go in head first or feet first.
- You will lie on a table that moves into the tunnel. The scanner table can be lowered and patients with mobility problems will be offered assistance.
- The Radiographers cannot be with you in the room, but will be able to see you at all times and you will be given a buzzer to squeeze if you have any problems during your scan.
- The scanner is quite loud so you will be given either earplugs or headphones (depending on the body part being scanned) to protect your ears.
- We will ask you to lie very still while your images are taken to avoid blurring the images and you may be asked to hold your breath for your scan. Straps and pillows may be used to keep you still and help maintain the correct position during the examination.
- When the scan is finished, the Radiographer will check the images are complete before assisting you off the scanner.

How long will it take?

This depends on which part of your body is being scanned, but it typically takes around 90 minutes including the joint injection part of the examination. You should plan to be in the MRI Department for up to 2 hours, as we may need to scan emergency patients before you. This means that your appointment could be delayed. We will let you know if this is the case.

What are the risks?

MRI scans **do not use** radiation. You will be asked to sign and complete a safety questionnaire before your scan to ensure it is safe for you to be scanned.

Some people can find MRI scans a little claustrophobic. Sometimes you may be able to listen to music depending on the body part you are having scanned and many people find that breathing techniques work well. If you wish for your eyes to be covered for the scan, feel free to bring your own material eye mask (no metal).

If you are nervous or worried about your scan, please contact the MRI department or your referrer.

X-rays are of a type of radiation known as ionising radiation. The dose that you get from a medical x-ray is very low and the associated risks are minimal. They are similar in strength to other sources of natural radiation that people are exposed to everyday without ever realising it. The Radiographer is responsible for making sure that your dose is kept as low as possible and that the benefits of having the x-ray outweigh any risk.

For Further information Visit:

<https://www.ukhsa-protectionservices.org.uk/radiationandyou/>

Local anaesthetic

Local anaesthetics stop the nerves in a part of your body sending signals to your brain. You will not be able to feel any pain after having a local anaesthetic, although you may still feel some pressure or movement. It normally only takes a few minutes to lose feeling in the area where a local anaesthetic is given and full sensation should return when the medicine has worn off a few hours later.

Local anaesthetics are generally very safe and serious problems are rare. You may experience:

- some discomfort when the injection is given
- a tingling sensation as the medicine wears off
- possibly some minor bruising, bleeding or soreness where the injection was given.

You should not experience any significant side effects and you should move carefully until the anaesthetic has worn off as you may not notice if you injure yourself.

Pregnancy

If you are pregnant or there is any possibility you may be, please contact the department on the phone number in your appointment letter.

Are there any side effects?

An MRI arthrogram is generally a safe procedure, but as with any medical procedure, there are some possible risks and side effects. You may experience some temporary side effects, Including:

- mild pain or discomfort at the injection site
- light bleeding at the injection site
- there is also a small risk of infection at the injection site.

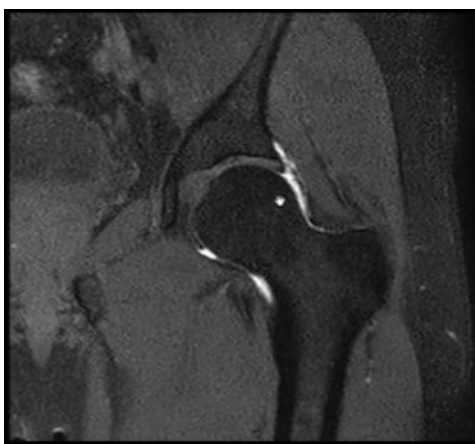
You may find that the area injected feels numb or heavy. This is normal and is caused by the local anaesthetic. This takes between 1 and 4 hours to wear off. You may find that the joint makes 'funny' noises when moving it – again this is normal and is caused by the fluid in the joint. This takes between 3 and 6 hours to wear off.

What happens after the scan?

It is best to rest the joint for 12 hours after the procedure. During this time, you can apply ice if you have any swelling of the joint.

In most cases, as soon as the scan is finished you can go home, or back to your ward if you are staying in hospital.

You will not be able to drive for the rest of the day, so please arrange for someone to pick you up from hospital and take you home. If you are not able to arrange a lift and you feel well enough, you will be able to travel home by public transport.



Finally

The pictures taken during the examination are studied carefully and a detailed report is produced.

The results will be sent to the person who referred you for the test. They will discuss the results with you and any treatment you may need.

You may already have an appointment with the team who referred you. If not, please contact them to arrange one to discuss the results of this test.

If you have any further questions, please do not hesitate to call the Radiology Department via the number given on your appointment letter.

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

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