MRI (Magnetic Resonance Imaging) Arthrogram

MRI is a safe way for your doctor to take pictures of soft tissues and bones in the body. Using radio waves and a magnet field, the pictures provide information to help your doctor find out where there may be problems.

An arthrogram is a special test that is often used to look at a joint, such as the hip, shoulder, wrist, and knee. The arthrogram portion of this procedure will include an injection of contrast medicine into your joint.

There are 3 steps to an MRI arthrogram procedure. You should expect the entire procedure to take about 3 hours.

MRI arthrograms are only performed at the main campus of Ohio State University’s Wexner Medical Center. The MRI facility is located on the 2nd floor of Rhodes Hall at 450 W. 10th Avenue, Columbus, OH 43210. The phone number is (614) 293-8181.

What You Need to Know

- There are some implants that can either be NOT safe for you to have an MRI or need special precautions taken for your safety.

If you have any of the following and have never had an MRI at Ohio State’s Wexner Medical Center, call (614) 293-4333 so that you may be connected with a technologist who can review your information.

  - Are or could be pregnant
  - Weigh over 300 pounds
  - Have a cardiac pacemaker

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- Have aneurysm clips
- Have any magnet implants
- Have an implanted pump or stimulator
- Have a penile prosthesis
- Have a blood clot filter
- Have an artificial heart valve
- Have a programmable VP or LP shunt valve
- Have a breast tissue expander
- Have any stents anywhere in your body
- Have metal shrapnel or metal fragments inside your body or eyes
- Have a mediport that you would like us to access for IV contrast medicine

If we cannot identify the implants in your body, this may result in your test being delayed, rescheduled, or even cancelled.

If you have any questions or need to cancel or reschedule your test, please call (614) 293-4333.

To Prepare for the Test

- Plan to arrive 30 minutes before your appointment time.

Tell the doctor or radiology technologist if you have an **allergy to contrast medicines**.

- **If you take diabetes medicines**, talk with your doctor about how to control your blood sugar before the test. Tell the technologist if you are diabetic, the blood sugar medicines you take, and when you last took them.

- **Bring a medicine list with you**. Tell the doctor or technologist about the prescription medicines you take, including over the counter medicines, herbals, vitamins or supplements, and **if you have any medicine allergies**.
• **If you wear any kind of medicine patch**, such as nicotine or nitroglycerin patch, they will need to be removed for this test. Bring a new patch that you can put on after your test.

• If being in a closed space frightens you, talk to your doctor. Your doctor may give you some medicine to bring with you to help you relax. **If you do bring medicine to help relax, you need to have someone with you that can drive you home.**

**The Day of the Test**

• Bring your ID and insurance card. You will be asked to fill out a form for your insurance and billing information.

• You will be asked to fill out a form about your health history. **Please bring any cards or operative reports you may have for any implants in your body.**

• You will need to remove all metal items such as watch, hairpins, bra, jewelry, coins and piercings from your body. Please leave valuable belongings at home. You will not be able to take anything into the room including your purse, wallet or keys.

• You will be asked to change into hospital clothing. A locker is provided for your clothes and belongings.

**During the Test**

There are three steps of an MRI arthrogram procedure. You should expect the entire procedure to take about three hours.

**Step One:**

• A technologist will take MRI images of your joint.

• During the MRI, you will lie on a padded table in the middle of a tube-like machine. The tube is open on both ends. If being in close spaces upsets you, talk to your doctor. Your doctor may give you some medicine to
bring with you to help you relax. **If you do bring medicine with you to relax, you will need to have an adult that can drive you home.**

- You will be positioned as comfortable as possible. Be as still as you can during the test. This helps to get the best pictures.

- The table will then move into the opening of the MRI machine. It will stop when the part of your body to be tested is in the center. You will hear a sound like a drum beat as the pictures are taken. You will be given earplugs to wear or headphones to listen to music if possible.

- The technologist will not stay with you in the room. You will be able to hear and see the staff through the intercom and window. The technologist will check on you throughout the exam and if you become uncomfortable at any time, tell the technologist.

- You will be given a ball in your hand to squeeze if you need the technologist during the exam.

- This part of the procedure takes about 45 minutes.

- When this step is over, the technologist will take you to an area where you will wait for the second step.

**Step Two:**

- This step in the procedure is done in the Diagnostic X-ray department.

- You will meet the radiologist, a doctor who specializes in radiology, and they will explain the risks and benefits. They will answer any of your questions and have you sign an informed consent form.

- The technologist will position you on the x-ray table the same as you were for the MRI.

- The skin around the area where the injection will be given is cleaned with an antiseptic solution. A sterile towel is then placed around the injection area.

- The radiologist will use a tiny needle to inject a local anesthetic to numb the area before inserting another needle into the joint space. Contrast medicine called Gadolinium will be injected into the joint space. The radiologist will use x-ray guidance to inject the contrast medicine into your joint.
Once the contrast medicine is in your joint, this part of the procedure is over. This step will take about 45 minutes.

A technologist will escort you back to the MRI department for the final step.

**Step Three:**
- The patient will repeat step one of the procedure.
- This time the contrast medicine in the joint will show up on the pictures and allow the radiologist to look at your joint more closely.
- This final step in the procedure will take about 45 minutes.

**After the Test**
- When the test is done, the technologist will take you to an area where you may change into your clothes and collect your things to go home. If you are a patient in the hospital, you will be taken to your room.
- Your MRI will be read by a specially trained radiologist, and the results will be sent to your doctor. If you have questions about your MRI, please ask your technologist or your doctor.
- **You may drive home after the test if you did not take medicine to help you relax.** If you did take a medicine to help you relax, an adult will need to drive you home.
- You may have some swelling or discomfort of the joint following the test.
- After your procedure, you can resume normal activities, as tolerated.

If you have any problems or concerns after your test, please call your doctor.

**Any Other Questions or Concerns?**
If you have any questions or concerns prior to your test, please call (614) 293-4333. Radiology Scheduling will connect you to a qualified staff member who will answer your questions.