

QUICK FACTS:

- Arthrogram-MRIs assist doctors in examining your child's joint by injecting contrast into the area and viewing the soft tissue of the joint.
- Your child will receive an injection into the joint for this exam.
- This is a two part exam- here in fluoroscopy for the X-ray guided injection and then in MRI for imaging.
- Your child will be awake throughout this exam.
- Your child can partake in normal activities and diet afterward.



A LITTLE ABOUT OUR BODY:

- Joints are areas where two bones meet. The main joints in our body are shown by the bright green circles on the picture to the left.
- An Arthrogram-MRI will show any potential joint damage by using contrast to take MRI pictures of the bones and soft tissue of the joint.
- Arthrogram-MRIs can be completed on these joints:
 - Shoulder, Elbow, Wrist, Hip, Knee, Ankle.

ABOUT THE ARTHROGRAM-MRI:

- First, your child will change into a hospital gown.
- Once changed, your child will be brought into our fluoroscopy room and asked to lie on a table.
- Once on the table, the RN or the Radiologist will clean the injection area depending on which joint your child's arthrogram was ordered to examine. During cleaning, your child will feel a cold sensation.
- After cleaning, an injection of Lidocaine (numbing medicine) will be given. Your child may feel a burning sensation at first, but after a few moments, the area will be numb.
- Once the area is numb, the RN or Radiologist will inject the contrast into your child's joint. X-ray will be used to guide the injection and make sure the contrast is where it needs to be.
- Once the injection is done, this part of the exam is complete, and you and your child will be walked over to MRI.
- Once in MRI, your child will lay on the scanner, and a MRI Technologist will place a strap on your child's waist to remind your child to keep still and to maintain safety during MRI pictures.
- MRI imaging is not painful, yet the MRI machine can make some loud noises.
- When MRI images are complete, the exam is finished. A member of the staff will then walk you back to exit.

PARENT/ GUARDIAN'S ROLE DURING EXAM:

- Parents and guardians are welcome to be present during exam to support their child.
 - Due to use of radiation, women who believe there is a possibility they may be pregnant or are pregnant will not be allowed in room while X-ray is being used. These women may be with their child during times when radiation will not be used.
- Medical staff will instruct parents/guardians on where to stand while in the room to help the exam run smoothly.
- Parents/guardians are encouraged to help their child relax and keep calm and still during the exam, especially during their injection and MRI images.
- If your child has any comfort items such as stuffed animals, pacifiers, small handheld toys, or blankets, you are more than welcome to bring those along.



PEOPLE YOU MAY MEET:

- Nurse (RN)
- Radiology Technologist
- Radiologist
- MRI Technologist
- Child Life Specialist*

*Child Life is available depending on your child's appointment time, needs, and developmental level.

AFTER THE EXAM:

- When the exam is complete, someone from medical staff will walk you back to exit.
- After an Arthrogram-MRI your child can resume normal activities and diet, though it is recommended for your child not to participate in any strenuous activity for the first 24 hours after the exam.
- Your child may feel a little sore at area of the injection; this is normal and will go away soon.
- There is no special follow-up care after an Arthrogram-MRI.

ADDITIONAL INFO:

- This informational sheet is to provide basic knowledge of an Arthrogram-MRI. Exam experiences may vary depending on your child's age or developmental level.
- Your nurse for the exam will explain the exam in detail, so please feel free to ask questions if needed. We as a hospital team are here to support both you and your child throughout your experience.