



## Diagnostic Imaging

# MR Arthrogram

### What is an MR Arthrogram?

This is an imaging examination used to obtain detailed images of a joint, such as the hip or shoulder. It involves the injection of a local anaesthetic and a small amount of contrast dye into the joint, which is then followed by an MRI scan. The aim is to diagnose your condition.

### Procedure

Firstly, an MRI Radiographer will go through an MRI Safety Questionnaire with you and then you will be asked to change into a hospital gown. There are two parts to the procedure. For the first part you will be taken to an x-ray room where a Consultant Radiologist will inject a small amount of local anaesthetic to numb the skin and the joint. This is followed by a small injection of dye into the joint. X-rays are used to guide the needle into the joint space. When this is complete, you will then be taken to the MRI scanner for an MRI scan of the joint, which can be between 20-40 minutes. After the scan you will be allowed to change and go home. There will be the opportunity to ask questions of the team throughout the procedure.

### Aftercare

After the injection, the joint, and the area around the joint, may be numb for a few hours. However, if it becomes painful, you may take simple pain killers such as paracetamol. Sometimes moving the joint and sore area can help. You can also place an ice pack on the joint and affected area for a few minutes to help relieve pain. If you have urgent concerns after going home, please see your GP or attend the Emergency Department.

**You should not drive for the rest of the day**, so please make arrangements for going home. It is essential that you do not operate any dangerous machinery. We also advise you not to carry heavy loads for the next three to four days. After this period you can then resume normal activities.

### Results

The clinician who requested the MR arthrogram will contact you with the results of the procedure and future treatment options if necessary.

### Questions and Answers

#### Are there any risks of having an MR arthrogram?

MR arthrograms are safe examinations. However, there is a very small chance that infection could be introduced into the joint by the injection. Some people find that the joint is sore for one or two days after the test. These will be explained by the team during the procedure.

### **What symptoms should I report?**

Skin redness, significant swelling, or pain around the site of injection that gets progressively worse over 48 hours are signs of a possible infection.

Shortness of breath, dizziness, feeling faint or developing a rash could indicate an allergic reaction to some of the dye injected into the joint. If you have urgent concerns, please see your GP or attend Accident & Emergency.

### **What is contrast?**

The contrast dye (injected into the joint) is a colourless liquid containing Gadolinium. There is a small risk of a reaction to the contrast. If you have any known kidney issues (eg low kidney function, awaiting transplant, dialysis) please contact the telephone number on your appointment letter.

### **Can I take my normal medication?**

All medication can be taken as normal.

### **Will I need to bring a dressing gown?**

This is not essential, but if you feel more comfortable wearing a dressing gown, then please bring one with you on the day of your test. You will be asked to remove the dressing gown during both parts of the procedure.

### **Can I bring a relative or friend with me?**

Yes, however if they want to be present during your procedure space within our waiting rooms is limited and they will be unable to enter the procedure rooms. Please note you will need assistance in going home after your procedure.

### **Will the test be painful?**

There is stinging as the local anaesthetic is injected, but after this the tissue will go numb.

### **How long will the test take?**

Although we always attempt to work to our booking times, this is not always possible. The test usually takes about 60 minutes altogether however please allow up to 2 hours for the whole procedure.

### **Can I eat and drink normally before and after the test?**

Yes.

### **About this leaflet:**

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email

[patientinformation.leaflets@dchft.nhs.uk](mailto:patientinformation.leaflets@dchft.nhs.uk)



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Williams Avenue, Dorchester, Dorset DT1 2JY  
[www.dchft.nhs.uk](http://www.dchft.nhs.uk)