

## Patient information

### Arthrogram - Appointment Details

#### Imaging Department

#### Before Your Examination

There is no need for any special preparation for this examination. You should eat and drink normally.

Your hospital doctor or family doctor (GP) has advised that you need an Arthrogram. Any alternative treatments or procedures will have been discussed at your initial consultation with your referring practitioner.

#### What is an arthrogram?

An arthrogram is an X-ray examination of one of your joints using a colourless fluid known as an X-ray contrast agent, or dye. Many different joints can be examined, for example your shoulder, elbow, knee and ankle. It is carried out by a Radiologist (a doctor who specialises in X-rays).

#### What are the benefits of having an arthrogram?

This procedure will help us make the correct diagnosis, so we will be able to give you the correct treatment.

#### The risks of having an arthrogram include-

- A very small risk of infection but this is very unlikely as the procedure is done under sterile conditions.
- There may be some bruising over the joint.
- We are all exposed to natural background radiation every day of our lives. Each X-ray examination gives us a small additional dose. The dose varies with each examination. Everything is done within the X-ray department to minimise this dose.
- **Female patients:** if you are pregnant or there is any possibility of you being pregnant, please contact the X-ray department before your appointment.

#### What anaesthetic will I be given?

The skin over the joint that needs to be examined will be cleaned and a local anaesthetic will be injected into the area to numb the skin and the tissue under it. Local anaesthesia is drug-induced numbness: it may be provided by an anaesthetist, surgeon or other healthcare professional, depending on the technique used.

Like all medicines, local anaesthetics may sometimes cause side effects, as well as the effects that are needed. You may experience dizziness, blurred vision, drowsiness and occasionally loss of consciousness.

Serious side effects are rare, and include fits, low blood pressure, slowed breathing and changes in heartbeat, which may be life-threatening.

**If you are worried about any of these risks, please speak to your Doctor or a member of their team.**

## **The examination**

You will be escorted into the X-ray room and asked to lie on the X-ray table. The skin over the joint that needs to be examined will be cleaned and a local anaesthetic will be injected into the area to numb the skin and the tissue under it.

When the skin is numb a fine needle will be placed into your joint and a colourless fluid known as an X-ray contrast agent, or dye contrast agent (dye) will be injected while the Radiologist watches on a TV monitor.

The needle is removed and you will be asked to gently exercise the joint so that the whole of the joint is coated with the contrast agent. The Radiologist will then take a series of X-rays with the joint in different positions.

## **After the examination**

When the examination is complete, a small plaster will be placed over the puncture site. A little discomfort may be noticed in the joint for one to two days after the examination and any strenuous exercise should be avoided for two days.

It is quite common for the Radiologist to ask for an MR (Magnetic Resonance) scan, or a CT (Computer Tomography) scan to be carried out immediately following the Arthrogram, so as to demonstrate more detail of your joint. This will have been arranged at the same time as your Arthrogram appointment.

## **Results**

Your results are sent to the doctor who asked for this test to be carried out. This may be the hospital doctor or your GP.

## **Cancellations**

If you are unable to keep this appointment, please let us know as soon as possible and we will arrange another for you.

If you fail to cancel and do not attend you will be discharged back to the care of the referring clinician.

## **Transport**

If your medical condition or mobility needs mean that you cannot get to your appointment any other way and you require transport you should ring the Patient Transport Services (PTS) who will arrange one for you.

**Tel: 0151 706 4676 Text phone number: 18001 0151 706 4676**

## **Car parking**

Car parking for visitors and patients is available at the Q-Park multi-storey car park located across the road from the front entrance of the hospital. Vehicle entry to the car park is on Epworth Street which is off Erskine Street. The car park is open 24 hours a day seven days a week and charges apply. The car park is continually monitored by CCTV and parking attendants.

There are disabled spaces located within the car park. If you require help with parking ask a parking host at the car park entrance. There is a bus shuttle service for patients with mobility problems which operates Monday to Friday 8.45am to 4.45pm from Q-Park to the Royal Liverpool University Hospital.

**Please bring this leaflet with you when you attend the X-ray department.**

## **Feedback**

Your feedback is important to us and helps us influence care in the future

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further Information**

**If you have any further questions, or require further information, please contact the Appointments Office**

**Tel: 0151 706 2759**

**Text phone number: 18001 0151 706 2759**

## **NHS 111 Service**

**Tel: 111**

**Author: Imaging Department**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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