University College Hospital

Having an MRI arthrogram

Imaging Department
If you would like this leaflet in another format, for example: large print or audio, or in translation please contact us on 020 3456 7002. We will try our best to meet your needs.

If you have any questions after reading this booklet, please contact us on 020 3456 7002.

You will need to know your hospital number. This can be found on your appointment letter.
Contents

1. Introduction 4
2. What is an MR arthrogram? 4
3. Before the MRI scan 4
4. What is a contrast dye? 4
5. Are there any risks of having an MR arthrogram? 5
6. Asking for your consent 5
7. What is an MRI? 5
8. Are there any risks of having an MRI 6
9. What if I am claustrophobic? 6
10. What will happen if I choose not to have an MRI? 6
11. During the MRI scan 6
12. After the MRI scan 7
13. How will I get my results? 7
14. Interpreter services 8
15. Child care 9
16. Frequently asked questions 9
17. Where can I get more information? 9
18. Travelling to the hospital 10
19. Where is UCH main hospital? 13
20. Useful telephone numbers 14
21. References 14
1 Introduction
This booklet contains information for patients and carers about having an MRI Arthrogram of a joint.

2 What is an MR arthrogram?
This is an imaging test performed to get a more detailed picture of the inside of a joint, commonly the shoulder, knee, hip, shoulder or wrist. Dye is injected by a needle into the joint. This is followed by an MRI scan.

3 Before the MRI scan
You will be asked to change into a hospital gown.

The test is done in 2 parts. During the first part dye is injected into the joint by a doctor using X-ray or ultrasound guidance to show that the dye is going into the correct place. To do this, local anaesthetic is first injected to numb the skin and the joint. A needle is then placed into the joint and the dye injected.

After the injection you will go to the MRI scanner for your scan.

4 What is a contrast dye?
The contrast dye is a colourless liquid called Gadolinium. This may be part of this examination. There is a small risk of a reaction to the contrast. If you suffer from Renal (Kidney) Impairment or Failure contact your referrer to organise a GFR test to assess this.
5 Are there any risks of having an MR arthrogram?

MR arthrograms are safe examinations. However there is a very, very small chance that infection could be introduced into the joint by the injection. Some people find that the joint is sore for 1-2 days after the test.

If you experience any problems after hours, please contact your local Accident and Emergency department.

6 Asking for your consent

We want to involve you in all the decisions about your care and treatment. If you decide to go ahead with the scan, by law we must ask you to consent to the test. This confirms that you agree to have the procedure and understand what it involves. The doctor that refers you for the scan will explain the risks, benefits and any alternative tests. If you are unsure about any aspect of your scan please do not hesitate to speak to either your doctor, or the Radiographer who will carry out the scan.

7 What is MRI?

Magnetic Resonance Imaging (MRI) is an imaging tool that uses a powerful magnet to scan your body. The MRI scan will help in the diagnosis and treatment of your health condition. There is no use of radiation or X-rays.

The MRI scanner is a tube which is open at both ends. You can be seen at all times by the Radiographer.

The MRI scanner has a weight limit of 250kgs. Your referrer will need to make alternative arrangements if you are over this weight.
8 Are there any risks of having an MRI?
MRI scans are not suitable for everyone. Radiographers have to be one hundred percent certain that you meet the safety standards before entering the MRI scanning room.

You will be sent a safety questionnaire to complete with your appointment letter. Please fill this in before your appointment. If you answer yes to any of the questions please call the department.

There are no known risks of having an MRI if you meet the safety standards.

9 What if I am claustrophobic?
If you are claustrophobic, we recommend you talk to your referrer or your GP who may prescribe medication to help you relax. We cannot prescribe this medication for you in the MRI department. Please inform the Radiographer if you are claustrophobic or anxious.

10 What will happen if I choose not to have an MRI?
Your referring doctor will discuss the alternative options with you.

11 During the MRI scan
You will be asked to lie on your back. Depending on the body part being scanned you may be head or feet toward the scanner. A camera will then be placed over the body part to capture the images.
You will be given a contact buzzer. If you experience any problems you can squeeze the buzzer and the Radiographer will talk to you.

During the scan you may experience tingling in your hands and feet and may feel an increase in body temperature. These are normal sensations. Please use the contact buzzer if you feel uncomfortable.

The MRI makes a loud knocking sound which changes throughout the scan. This is all normal. You will be given headphones that help reduce the noise.

The scan will last approximately 40 minutes and it is important to remain still during the scan otherwise the images become blurred.

12 After the MRI scan
If the hip or knee has been examined you may find it a bit sore to walk after the test and it may be helpful to have somebody to go home with you.

We ask people to rest the joint for a couple of days after the test. So do not do heavy lifting if your shoulder has been examined, do not go for a jog if your hip has been tested. Do not drive for 2-3 days if your shoulder, elbow or wrist have been examined.

13 How will I get my results?
You will not immediately receive your results. The images will be reviewed by a Radiologist and a report is sent to your
referrer. If you do not already have an appointment to return to the clinic, you should contact your clinic to arrange this appointment.

14 Interpreter services
If you require the services of an official hospital interpreter please arrange this with the doctor that has referred you for your scan.

You may bring along a relative, carer or a friend who speaks and understands English to translate for you.

15 Child care
We are unable to offer childcare facilities. If you need to bring your children with you, please bring along somebody who can look after them while you have your scan.

16 Frequently asked questions

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.

Can I bring a relative or friend with me?
Yes. If you are having a hip arthrograph, we advise you bring
somebody with you to help you if you feel your hip is sore.

**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?**

The test usually takes about 60 mins altogether.

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

Yes.

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

Yes.

17 **Where can I get more information?**

University College Hospital London  
http://www.uclh.nhs.uk/pages/home.aspx

The Department of Health  
www.dh.gov.uk

Royal College of Radiologists  
http://www.goingfora.com/

UCLH cannot accept responsibility for information provided by other organisations.
18 Travelling to the hospital
No car parking is available at the hospital. Street parking is limited and restricted to a maximum of 2 hours.

Please note the University College Hospital lies outside, but very close to the Central London Congestion Charging Zone.

Public transport

Tube
The nearest tube stations, which are within 2 minutes walk are:

Warren Street (Northern and Victoria lines)
Euston Square (Hammersmith & City, Circle and Metropolitan lines)

Overground trains
Euston, King Cross & St Pancras and Kings Cross Thames link railway stations are within 10-15 minutes walk.

Bus
Bus services are shown on the map on page 14. Further travel information can be obtained from http://www.tfl.gov.uk  Tel: 020 3054 4040

Hospital transport services
If you feel that you are eligible for transport please ring 020 3456 7010 (Mon to Fri 8am-8pm) to speak to a member of the Transport Assessment Booking Team. You will need to call at least 7 days before your appointment.
If you have a clinical condition or mobility problem that is unlikely to improve you will be exempt from the assessment process. However, you will still need to contact the assessment team so that your transport can be booked.

If your appointment is cancelled by the hospital or you cannot attend it, please ring 020 3456 7010 to cancel your transport.

**Can an escort be arranged to accompany me in hospital transport?**
This will depend on your clinical condition or mobility. If you meet the criteria then an escort will be booked to accompany you to and from the hospital. However, we aim to keep these to a minimum as escorts take up seats that would otherwise be used for patients.
19 Where is UCH main hospital?

If you have an appointment at the UCH main hospital site, use the map below:
20 Useful telephone numbers

UCH Switchboard
Tel: 0845 155 5000 or 020 3456 7890

Imaging Booking Centre (to change or cancel an appointment)
Tel: 020 3456 7002

Hospital Transport Services
Tel: 020 3456 7010

21 References

Royal College of Radiologists
http://www.rcr.ac.uk

Gadolinium
www.guerbert.com

UCLH cannot accept responsibility for information provided by other organisations.
Space for notes and questions