

Patient Information for an MR Arthrogram

This information leaflet is for patients who have been referred for an MR Arthrogram examination. If you have any questions or concerns not answered by this leaflet, please contact the Musgrave Park Hospital Imaging department, **Tel: 028 961 58900 (9:00am to 5:00pm Monday to Friday)**.

Please read all of this information before attending your appointment, sign the declaration on page 6 and bring it with you to your appointment

What is an MR Arthrogram?

An MR Arthrogram is performed to get detailed pictures of structures inside a joint, such as the shoulder or hip. The examination requires two steps. First an injection of a small amount of contrast fluid into the joint using x-ray guidance (20 - 25 minutes), then a subsequent MRI scan (35 – 40 minutes). There may be a wait between these two steps.

What are the benefits of having an MR Arthrogram?

An MR Arthrogram is very effective for detecting tears or lesions of the structures in a joint, which may not be easy to identify on a routine MRI.

What are the risks of the injection?

MR Arthrogram injections are safe and have been performed in large numbers around the world for many years. There are some possible side effects, with the serious side effects being rare. The possible side effects include:

- **Infection:** The risk is between 1 in 5,000 and 10,000. Every precaution is taken to minimise this risk, however, if this does occur, it is a serious complication and can require surgery and prolonged antibiotic treatment. If the area injected becomes hot, swollen and much more painful after your injection, or if you feel generally unwell, you should contact your GP or Emergency Department (ED).
- **Temporary bruising or bleeding** in the injected area especially if you are taking antiplatelet medicines (such as Aspirin or Clopidogrel) or anticoagulant medicines (such as Warfarin or Apixaban). Please **contact Radiology** when you receive your appointment letter if you are taking any of these medicines or any other blood thinning medicines.
- **Allergy reaction:** In the rare instance where this does happen, it will usually occur immediately. Symptoms include sneezing, a runny nose, eye irritation, itching, rash, facial swelling and problems breathing. The contrast contains gadolinium and iodine. If you have history of any of the following, please let us know- if you have had any previous reaction to an x-ray or MRI contrast injection, asthma, or significant allergies. If you experience any of these symptoms, please inform the Radiographer. If you have left the hospital, please contact your GP or referring team for advice. If symptoms occur out of hours, contact your local Emergency Department (ED).

- **Temporarily joint stiffness/pressure** sensation may occur and therefore, you are advised not to drive for the remainder of the day after your examination and you may not be insured.
- If you are **breast feeding**, please let us know as gadolinium-based contrast is not recommended during breast feeding.
- In some patients, **gadolinium has been retained** in the body and there is the potential for this to happen to you. There is currently no scientific evidence that gadolinium retention can cause harm in patients with normal kidney function. We will always administer the lowest dose required to give us the most effective result.

What are the risks of x-ray guided imaging?

The MR Arthrogram injection will be carried out under X-ray radiation guided imaging. The radiation dose that you get from this examination is very small and the associated risks are low. Clinical staff consider both the risks and benefits when deciding what examination is appropriate for you. The benefits of having the X-ray guided procedure outweigh any risk. Clinical staff are responsible for ensuring that the X-ray dose that you receive is kept as low as necessary to aid your diagnosis.

If you are pregnant or think that you might be pregnant, please **contact us** as soon as you receive your appointment letter.

What are the risks of MRI?

MRI is a very safe procedure with no known serious side-effects associated with being exposed to the magnetic field and radio waves of an MRI scan. However, there are risks in taking metallic objects into the magnetic field. All patients are asked a series of questions before the injection and again before the scan to eliminate these risks. Some patients may experience a heating sensation during the scan. Please advise the radiographer immediately if you are uncomfortable.

Are there any alternatives?

Your referrer has decided that an MR Arthrogram would be the most useful examination in your case. The examination will help with your assessment and plan any further necessary treatment. If you would like more information about alternative imaging tests, please speak to the doctor or health care professional managing your care.

If you do not want to be considered for an MR arthrogram, please let us know prior to your appointment so we can cancel your appointment.

MRI Safety Notice

Please note there can be a risk in entering a strong magnetic field. You must contact the department if any of the following apply:

- You have a pacemaker or implanted cardiac device
- Aneurysm clips
- A cochlear implant

- A neurostimulator
- You have ever had metal in your eyes or metal injuries to any part of your body
- You are pregnant

Failure to contact the department about any of the above can result in a substantial delay and/or a wasted journey.

Do I need to prepare for the MRI arthrogram?

Fully read and sign this patient information leaflet beforehand and bring it with you to your appointment. You should ring the MRI department to confirm your attendance:

Tel: 028 961 58900 (9:00am to 5:00pm Monday to Friday).

It is important that you do not enter the MRI scan room with anything metallic. Eye make-up and mascara may need to be removed as it may interfere with the scan. If possible, please avoid wearing it to your appointment. You will be asked to remove any jewellery, piercings, or other metal items. Please do this before attending for your scan, if possible, as we may not be able to perform your scan if they are not removed. Do not take credit cards, mobile phones or hearing aids into the scan room as the magnetic field can damage them and stop them working. Patients are reminded that they are responsible for any personal belongings they bring with them to their scan. You will be provided with a locker to secure any valuables during your scan. You will be asked to change into a scrub suit top and trousers.

Transdermal patches (pain patches) that contain aluminium foil or similar metallic component may cause a burn to a patient undergoing an MRI. Additionally, there may be an increased deposition of drug via the transdermal route due to excessive heat generated during this procedure. It is strongly recommended that a transdermal patch be removed immediately prior to the MRI procedure. Please bring a new patch with you, which you can reapply after your MRI procedure.

If you have a FreeStyle Libre glucose monitoring system (or similar) you may need to remove it immediately prior to your MRI procedure. The effect of MRI on the performance of the system may not have been evaluated. The exposure may damage the sensor and may impact proper function of the device which could cause incorrect readings. Please bring a new monitor with you to replace immediately after the MRI procedure. For more detailed advice regarding your specific device, please **contact us**.

On the day of your appointment, please arrive 15 minutes before your appointment and allow at least 1.5 hours for your appointment. **You must not drive after an MR arthrogram**; therefore, a lift is advised. We advise patients are picked up and dropped by someone to their appointment.

If you cannot have an MRI, have a serious allergy or if you are taking an anticoagulant/blood thinning medicine such as Plavix, Warfarin or an anticoagulant other than Aspirin, you must contact the department on 028 961 58900.

What happens during my appointment?

Injection using Fluoroscopy/X-ray Guidance

Radiographers and Radiologists (medical professionals who specialise in imaging) will check you have read and signed this information leaflet, answer any specific questions, and ask for your consent. Remember, it is your decision. You can change your mind at any time and your wishes will be respected. Not having the examination, however, may delay your treatment.

Once you are positioned, your skin is cleaned with antiseptic. Local anaesthetic will be used to freeze the area. Using a type of X-ray Imaging, a small needle is accurately positioned into the joint and the injection is given. The arthrogram should not be painful but maybe a little uncomfortable as the injection slightly distends the joint. The Radiologist performing your injection will either be a fully trained Consultant, a senior Radiology doctor or a Radiology doctor in training supervised by a Consultant. There may be other medical professionals in training present.

MRI

MRI Radiographers will check for any safety issues before your injection and again when you arrive at the MRI department. You will change into a scrub suit top and trousers and your belongings will be placed in a locker. You will lie on the scanner and some equipment will be gently placed over the joint. It is important that you stay very still during the scan so you will be made comfortable. You will be given a buzzer to press to speak to the radiographers, and they will talk to you between the scans. You will be given hearing protection and music to listen to as the scanner makes a loud tapping sound when it is taking the pictures.

A free virtual reality App is now available on the Apple and Android App stores and is very useful for those who wish to experience what MRI is like before coming to the hospital. Search for virtual reality MRI or use following link:

https://play.google.com/store/apps/details?id=net.belfasttrust.vrmri&hl=en_GB

Will have a follow up appointment?

An electronic report from the Radiologist will be sent the team who referred you for both the injection and the MRI. If you had planned follow up with your referring team for after your arthrogram and have not heard anything from them a few weeks after your arthrogram, it is worth contacting their appointment team.

What do I need to do after I go home?

Following the arthrogram, it is advised:

- Not to drive for the next 12 hours.
- To only perform light activities for the next 12 hours, then return to more normal activities.

- Not to have a bath or go swimming (submerge in water) for the 3 days after an injection, so not to introduce infection at the injection site.
- If you have any concern about infection and the area become hot, red, painful or has excessive bruising you should contact your GP or ED.

You should not have an injection if you:

- Have any infection in the area to be injected or anywhere else in your body.
- Are allergic to gadolinium (MRI contrast) or iodine (X-ray contrast)
- Feel unwell.
- Are pregnant or breastfeeding.
- Do not want the injection.
- Think you have COVID-19.

Asking for your consent

The radiographer/radiologist will ask you if you are happy for the scan to go ahead. This is called verbal consent. If you do not wish to have the scan or are undecided, please tell the radiographer.

Students/trainees may be present during the examination but only with your verbal consent.

Please remember that you can ask the radiographer/radiologist any questions you have at any time before, during or after your scan.

Image sharing

Your images will be electronically stored on the hospital picture archiving system. This data can be accessed throughout the Belfast Health and Social Care Trust and other doctors and health care professionals who are directly involved in your care. The ability to share images and radiological reports will improve the safety and quality of your care by ensuring that the right information is available in the right place at the right time.

To improve the medical services, we provide we may also use your data as anonymously as possible for internal audit and medical education. If you would prefer that your data is not used for these purposes, please inform a member of staff when you attend for your examination.

If your data is to be used for research, then a separate consent process will be used. You will be asked for your consent, should this be the case.

Declaration

I confirm that I have read this patient leaflet

Patient signature:

Date:

PLEASE COMPLETE THIS FORM AND BRING IT WITH YOU TO YOUR APPOINTMENT

Contact us

If you have any queries, we will be happy to answer any questions on the day of your MR Arthrogram or you can contact us on the number given on your appointment letter.

Tel: 028 961 58900 (9:00am to 5:00pm Monday to Friday)

Feedback

We hope you found the information in this leaflet helpful. If it did not tell you what you needed to know or you would like to provide any feedback on your experience, please let us know so that we can make any necessary improvements.

You can provide feedback on your experience:

Telephone: **028 9504 8000** (Monday-Friday: 9am-4pm)

Textphone: **18001 028 950 48000**

By email: compliments@belfasttrust.hscni.net

By email: complaints@belfasttrust.hscni.net

By completing an online form: <https://belfasttrust.hscni.net/contact-us/compliments-and-complaints/feedback-form/>

Care Opinion



We invite you to share your experience by clicking the following link:
<https://www.careopinion.org.uk/>

or by scanning the following QR code on your smartphone or tablet:



Language and accessible support services

Deaf/ Hard of Hearing

If a Sign Language interpreter is required, please either telephone **028 9615 8900** via the Sign Video remote interpreting service <https://signvideo.co.uk/deaf-community/> or email us at MPHAdminFOH@belfasttrust.hscni.net and we will arrange one for your appointment. Please have your H&C number ready when calling or include it in your email. This can be found at the top right corner of any Health and Social Care letters you may have received.

If you are unable to hear on the phone and need to contact us with regards to your appointment you can email us at MPHAdminFOH@belfasttrust.hscni.net

Do you need this information in another format or language?

The Trust has access to interpreting and translation services. If you need this information in another language or format, including Braille, large print, CD, audio tape please contact the telephone number **028 9615 8900** or e-mail address MPHAdminFOH@belfasttrust.hscni.net, and we will do our best to meet your needs.

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Polish - Czy potrzebujesz tych informacji w innym formacie lub języku?

Fundusz ma dostęp do usług w zakresie tłumaczeń ustnych i pisemnych. Jeśli potrzebujesz tych informacji w innym języku lub formacie, w tym w piśmie Braille'a, dużym druku, na płycie CD, kasecie magnetofonowej, skontaktuj się z nami pod numerem telefonu lub adresem e-mail [028 9615 8900](tel:02896158900)/ MPHAdminFOH@belfasttrust.hscni.net, a my dołożymy wszelkich starań, aby spełnić Twoje potrzeby.

Arabic - هل تحتاج هذه المعلومات بصيغة أو بلغة أخرى؟

تستطيع الجمعية توفير خدمات الترجمة الفورية والتحريرية. إذا احتجت هذه المعلومات بلغة أو بصيغة أخرى، بما فيها صيغة برايل Braille أو صيغة بالأحرف الكبيرة، أو في سي دي CD أو في شريط مسموع، يُرجَى الاتصال برقم التليفون أو عبر البريد الإلكتروني [028 9615 8900](tel:02896158900) / MPHAdminFOH@belfasttrust.hscni.net، وسوف نبذل قصارى جهدنا في تلبية احتياجاتك.

Lithuanian - Ar jums reikia šios informacijos kitu formatu ar kalba?

Tarnyba gali suteikti vertimo žodžiu ir raštu paslaugas. Jei reikia šios informacijos kita kalba ar formatu, įskaitant Brailio raštą, didelį šriftą, kompaktinį diską, garso įrašą, skambinkite telefonu arba susisiekite el. paštu [028 9615 8900](tel:02896158900)/ MPHAdminFOH@belfasttrust.hscni.net ir mes padarysime viską, kad patenkindume jūsų poreikius.

Romanian - Aveți nevoie de aceste informații într-un alt format sau altă limbă?

Trustul are acces la servicii de interpretariat și traducere. Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un alt format, inclusiv Braille, tipărire cu caractere de mari dimensiuni, CD, înregistrare audio, atunci vă rugăm să ne contactați la numărul de telefon sau la adresa de e-mail [028 9615 8900](tel:02896158900)/ MPHAdminFOH@belfasttrust.hscni.net, iar noi vom face tot posibilul pentru satisfacerea necesităților dumneavoastră.

Tetum - Ita presiza atu informasaun ida ne'e iha formatu ka lian seluk ka lae?

Fidusiáriu ida ne'e iha asesu ba servisu durubasa no tradusaun. Se Ita presiza informasaun ida ne'e iha lian ka formatu seluk, inklui letra Braile, letra boot, CD, kasete audio, entaun favór telefone númeru ka enderesu e-mail [028 9615 8900](tel:02896158900)/ MPHAdminFOH@belfasttrust.hscni.net, no ami sei halo esforsu tomak atu kumpre Ita-nia nesesidade sira.