

About Your Injection

You have been referred for a Magnetic Resonance Arthrogram (or MRA). This is a diagnostic test performed to visualise your joint, usually the shoulder, elbow, wrist, hip, knee, or ankle.

A common reason for requiring a MRA is helping to find any damage to cartilage, ligaments, labrum, or laxity/instability of the joint. It is more accurate than a standard MRI scan in assessing internal structures of your joint, and can help plan when surgery is required.

It is a two-part procedure:

- the first part involves placing a needle into the joint to add a contrast using either ultrasound or x-ray guidance
- the second part of the procedure is the MRI scan which happens immediately after your injection

For smaller joints in the hands and feet the initial injection is performed under ultrasound guidance.

Before your injection

You will receive an email about our Study of Clinical Outcomes - Recording and Evaluation System (SCORES) asking you to complete online questionnaires before your appointment. If this is not completed online it can be completed at the clinic on the day. We would be grateful if you could do this as it allows us to audit and evaluate the effectiveness of the treatment we provide.

You do not need to do anything differently before your appointment, you can eat and drink as normal. When you arrive at the clinic you will be accompanied to the imaging department to prepare for your injection. You will need to change into a gown for your procedure.

It is important that you make your radiologist aware if you are currently taking blood thinning drugs such as aspirin and warfarin.

Please arrive 15 minutes prior to your injection appointment.

Am I suitable for an MRI scan?

Not everyone is suitable for a MRI scan and it is important that you let us know if you have the following risk factors:

- cardiac pacemaker
- heart valves
- cochlear implant
- surgery involving metal implants in the last 6 weeks
- pregnancy or possibility of pregnancy
- weight in excess of 200 KG
- injuries involving metallic fragments in the eyes
- gunshot or shrapnel injuries.

During your injection

Your procedure will be performed by a Consultant Radiologist. The skin will be cleaned with a cold cleaning solution and then the X-ray camera or ultrasound machine will be moved into position over your joint.

You will feel a slight scratch, and then a mild stinging whilst the local anaesthetic takes effect. After this it is normal to experience a slight pushing sensation, but it should not be painful. The needle is placed into the joint. Under X-ray guidance, to check that the needle is in the correct place, some X-ray contrast is injected first. Once the needle is in the right place, a different MR contrast is injected, through the same needle. When your injection has finished and the needle is removed, a small plaster is applied to the site. The whole procedure usually takes only a few minutes.

You will then walk to the MRI scanner. Your MRI scan will take up to 30 minutes. Once the scan is complete you will be able to leave straight away.

After your injection

Are there any side effects/risks from an MRI?

There are no known side effects from MRI scanning although we are cautious when scanning pregnant ladies. Please inform your referring Consultant or your Radiographer if you believe you may be pregnant.

For how long will it be uncomfortable?

Once the anaesthetic has worn off a minority of patients may experience some discomfort for 24-48 hours. You may experience some discomfort in the joint for a few days and it may feel a little bruised. We normally suggest you take things gently during this time and significantly reduce activities which involve using the treated area for a few days. If symptoms become more severe than normal or you feel unwell for an extended period please contact our nursing team on +44 (0) 203 195 2442. If you require urgent medical attention or advice out of clinic hours please visit your local A&E.

Can I drive?

You are recommended not to drive for 24 hours following an arthrogram injection, but this can vary depending on the area injected.

Can I play sports?

You are recommended to rest the injection site for at least 48-72 hours following an arthrogram injection.

Can I take pain relief?

Normal pain killers, ice or heat packs are recommended if necessary.

Magnetic Resonance Arthrogram



What to expect before, during and after your injection

Fortius Imaging

+44 (0) 203 195 2446

+44 (0) 203 070 0152

imaging@fortiusclinic.com

www.fortiusclinic.com

Post Injection Advice

+44 (0) 203 195 2442

opnurses@fortiusclinic.com

Monday to Friday 8.00am - 8.00pm

Saturday: 8.00am - 1.00pm (Marylebone)

If you require urgent medical attention or advice out of clinic hours please visit your local A&E.

Marylebone Clinic
17 Fitzhardinge Street
London
W1H 6EQ

City Clinic
75 King William Street
London
EC4N 7BE