



Contrast works to highlight the joint cavity of your knee during an x-ray procedure. At this point you will therefore be asked to move to the CT scanner where our radiographer will perform the actual imaging process. At the scanner, you will be asked to lie down on the scanner's 'bed' which will then be moved into the scanner itself so that images of your knee can be taken. It is important that you remain very still during this part of the procedure as any movement will prevent the images from being useful.

An arthrogram usually takes between 45 minutes and one hour, but timing may vary depending on the condition that you've been referred to us for. At the end of the scan, the radiographer will study the information obtained and prepare the images for our radiologist to report the findings.



AFTER YOUR EXAMINATION

An arthrogram can cause mild discomfort in the knee joint due to the ejection of fluid and administering of contrast. To prevent excessive inflammation, we recommend that you avoid heavy use of the affected knee and restrict prolonged standing or walking for at least one day after your examination. You may wish to arrange for someone to drive you home from your appointment, particularly if you generally walk, ride a bike or drive a manual vehicle.

HOW DO I MAKE AN APPOINTMENT ?

Once your doctor has written a referral, simply contact our clinic on Mulgrave Road to make an appointment. Appointments can generally be made within a week of your initial call. If you feel your situation is more urgent, please advise our reception staff and we will endeavour to book you in sooner (where possible).

HOW DO I GET THE RESULTS ?

You will not be provided with your results at the time of your examination. Once your results are finalised, we will send a copy of the report to your doctor. This process will take around 24 hours and you will need to make an appointment to re-visit with your doctor to discuss the results in detail.

CONTACTING YOUR NEAREST CLINIC :

CAIRNS

ABN 75 327 483 513

126 Mulgrave Road, Cairns, QLD 4870 *

TEL. 07 4041 3188

SMITHFIELD

ABN 75 327 483 513

Campus Shopping Village, Smithfield, QLD 4878

TEL. 07 4057 5800

TOWNSVILLE

ABN 46 097 351 016

252 Ross River Road, Aitkenvale, QLD 4814

All Appointments:

295 Ross River Road, Aitkenvale, QLD 4814

TEL. 07 4779 3711

531 Ross River Road, Cranbrook, QLD 4814



* Knee Arthrograms are only available at our Mulgrave Road clinic in Cairns

While this leaflet is designed to be as informative as possible it is very brief in nature and should not replace the advice or guidance of your doctor or preferred healthcare professional.



Knee Arthrogram

Patient Information Booklet



CAIRNS

SMITHFIELD

TOWNSVILLE





WHAT IS A KNEE ARTHROGRAM ?

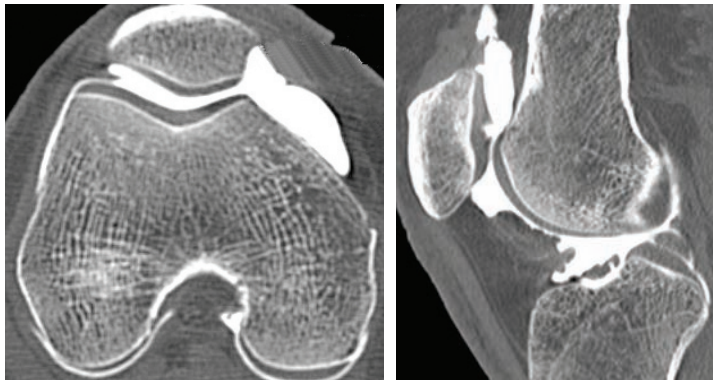
A knee arthrogram is a procedure that enables us to create an image of the inside of your knee. It is performed using technology called Computed Tomography or CT (commonly known as a 'cat' scan) - a specialised type of x-ray machine that produces detailed images of the inside of your body.

To enable us to image the knee, an arthrogram requires the use of contrast dye and this is injected into the joint at the start of your procedure. Contrast creates an outline of the soft tissue and joint structures of your knee prior to the CT images being taken. The result is that we can identify the structures of your knee in detail, including cartilage, ligaments and the fluid-filled capsule of the joint itself.

WHY MAY YOU NEED A KNEE ARTHROGRAM ?

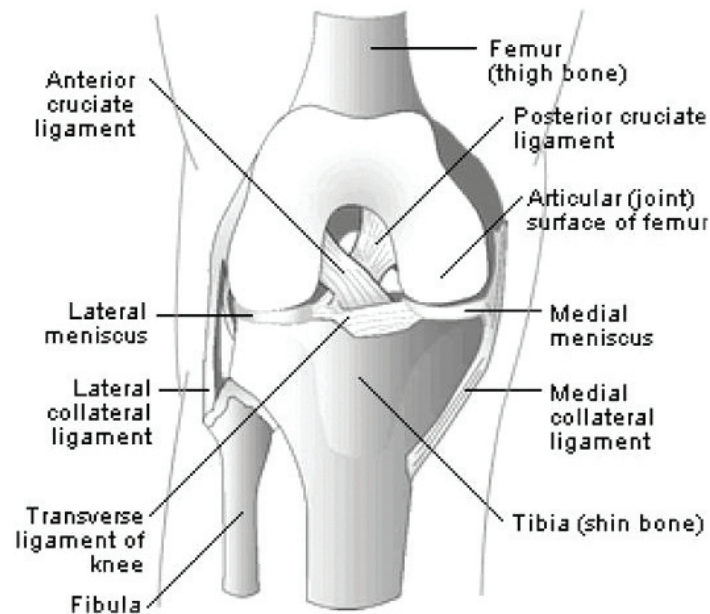
An arthrogram is commonly requested when your doctor needs to diagnose the cause of persistent, unexplained pain or discomfort in your knee. It may also be used to assess the outcome of an injury where MRI is not appropriate or not available. As the knee is a complex joint, an arthrogram

Sample images from a knee arthrogram:



The main structures of your knee:

viewed from the front with the patella (knee cap) removed and the knee slightly bent



may be one of a series of tests requested by your doctor. While every patient is different, common reasons for referral include:

- To determine the cause of pain across the front of your knee or at the base of your knee cap (anterior knee pain)
- To assess for potential cartilage tears following trauma or injury to the knee (such as a sporting injury)
- To assess for suspected osteoarthritis or floating debris
- To assess the cause of infection or serious swelling within the joint capsule
- To evaluate your knee after surgery (ie perform a post-operative evaluation of your knee)

HOW DO YOU PREPARE FOR AN ARTHROGRAM ?

No special preparations are necessary for an arthrogram. However, you will be required to expose your knee so please wear comfortable, loose clothing (we would recommend that you wear loose pants or shorts). A gown can be provided for your privacy and comfort if required.

HOW IS AN ARTHROGRAM PERFORMED ?

At the start of the procedure, our doctor or radiologist (a doctor who specialises in the interpretation of x-rays) will inject a small amount of local anaesthetic into your knee. This may sting slightly. Once your knee is completely numb, the doctor will insert a needle into the joint of your knee and remove any fluid from the joint cavity. If requested by your doctor, this fluid will be sent to a pathology laboratory to assess for the presence of infection. Our doctor will then inject a contrast agent into your knee followed by an injection of air.

