



Arthrogram Contrast Formulas

Arthrograms with CT Shoulder, elbow, wrist, ankle (Excluding HIPS and Knees)

A: With a 5cc- syringe: Draw up 5cc 1% Lidocaine -for anesthetizing the skin

B: With a 20cc syringe, draw up 15cc Omnipaque 300 Plus 5cc Lidocaine.

*Amount of Water Soluble Contrast+ Lidocaine mixture to inject for each joint:

Shoulder- 12cc Elbow- 7cc Wrist-2cc Ankle-7cc

Arthrograms with CT (HIPS)

A: With a 5cc- syringe: Draw up 5cc 1% Lidocaine -for anesthetizing the skin

B: With a 20cc syringe, draw up 15cc Omnipaque 300 Plus 5cc Lidocaine.

C. With a 10cc- syringe: Draw up 5cc .25% Bupivacaine or Marcaine in a Separate syringe

*Inject 7cc of the water soluble contrast and Lidocaine mixture into the hip joint. Inject 5cc Bupivacaine or Marcaine. This will distend the hip joint with 12 cc of fluid.

Arthrogram with CT Knees

A: With a 5cc- syringe: Draw up 5cc 1% Lidocaine - for anesthetizing the skin

B: With TWO - 20cc syringes- (In each syringe) draw up 15cc Omni 300 and 5cc Lidocaine

*Inject entire 40cc of mixture into the knee joint

Arthrograms with MRI Shoulder, elbow, wrist, ankle (Excluding HIPS and Knees)

A: With a 5cc- syringe: Draw up 5cc 1% Lidocaine –for anesthetizing the skin

B: Mix - .3cc Gadolinium with 30cc - .9% Bacteriostatic Sodium Chloride. Mix well.

C: In a 20cc syringe-Combine 10cc of the Gadolinium/ Sodium Chloride mixture (from above) with 5cc Lidocaine and 5cc Omnipaque 300 contrast. This will make a 20cc mixture of diluted Gadolinium.

*Amount of Diluted Gadolinium to inject for each joint

Shoulder- 12cc Elbow- 7cc Wrist-2cc Ankle-7cc



Arthrograms with MRI
Hips ONLY

- A: With a 5cc- syringe: Draw up 5cc Lidocaine –for anesthetizing the skin
- B: In a 20cc syringe-Combine 10cc of Sodium Chloride with 5cc Lidocaine and 5cc Omnipaque 300 contrast. This will make 20cc of fluid.
- D. Draw up 5cc-.25% Bupivacaine or Marcaine in a separate syringe.

*Inject 7cc of the mixture above and 5cc .25% Bupivacaine

**This will distend the hip joint with 12 cc of fluid.

*****Do Not Use Gadolinium for Hips- Per Dr. Rodriguez**

Arthrograms with MRI
Knees

- A: With a 5cc- syringe: Draw up 5cc 1% Lidocaine –for anesthetizing the skin
 - B: Mix .3cc Gadolinium with 30cc -.9% Bacteriostatic Sodium Chloride. Mix well.
 - C: With Two - 20cc syringes- (In each syringe) draw up 10cc Gad/Saline mixture (above) + 5cc Omnipaque 300 and 5cc Lidocaine
- *Inject 40cc of mixture into the knee joint.

Revised: June 9, 2021