Arthrogram Contrast Formulas

**Arthograms 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 Omnopaque 300 Plus 5cc Lidocaine.

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

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

**Arthograms 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 Omnipaques 300 Plus 5cc Lidocaine. Mix well.
C. With a 10cc- syringe: Draw up 5cc .25% Bupivacaine or Marcaine in a Separate syringe

*Inject 10cc of the water-soluble contrast and Lidocaine mixture into the hip joint. Inject 5cc Bupivacaine or Marcaine. This will distend the hip joint with 15 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. Mix well.

*Inject entire 40cc of mixture into the knee joint

**Arthograms 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 Omnipaques 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. Mix well. This will make 20cc of fluid.
D. Draw up 5cc-.25% Bupivacaine or Marcaine in a separate syringe.

*Inject 10cc of the mixture above and 5cc .25% Bupivacaine
**This will distend the hip joint with 15 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.

Reviewed and Revised: February 27, 2023