



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 of .25% Bupivacaine or Marcaine-
Mix well.

*Inject 20cc of the water-soluble contrast and Bupivacaine mixture into the hip joint.

This will distend the hip joint with 20cc of fluid.

* If patient has discomfort before the entire 20cc is injected, stop, and document the amount that the patient was able to tolerate.

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 or to patient tolerance.

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.
(0.1cc Gadavist to every 10cc Sodium Chloride)

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 Bupivacaine and 5cc Omnipaque 300 contrast. Mix well. This will make 20cc of fluid.

*Inject the entire 20cc of the mixture above.

*****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.
(0.1cc Gadolinium to every 10cc of Sodium Chloride)

C: With two - 20cc syringes- (In each syringe) draw up 10cc Gad/Saline mixture (above) + 5cc Omnipaque 300 and 5cc Lidocaine

*Inject entire 40cc of mixture into the knee joint.