

Arthrograms

Supplies

- Sterile gloves, sterile towels, 4x4s, prep solution, short extension tubing, & contrast
- Hips and Shoulders
 - 22 gauge, 3.5 inch spinal needle (sometimes 5 inch depending on size)
- Knees
 - 22 or 21 gauge, 1.5 inch needle.

Wrists/Fingers/Feet/Ankles

25 gauge 1.5 or 1.0 inch needle

Conventional

- 10 ml syringe of 1% Lidocaine with 25 gauge needle attached
- 20 ml syringe of Isovue 300

CT

- 10 ml syringe of 1% Lidocaine with 25 gauge needle attached
- 10 ml syringe of Isovue 300 with short extension tubing attached and flushed
- 20 ml syringe with mixture of: 10 ml Isovue 300 and 5 ml saline & 5 ml Naropin (or 10ml saline if NO Naropin needed or requested)

MRI

- 10 ml syringe of 1% Lidocaine with 25 gauge needle attached
- 10 ml syringe of Isovue 300 with short extension tubing attached and flushed
- 20 ml syringe of diluted Gadolinium: 5ml Isovue & 5ml saline & 10 ml Naropin & 0.1 ml Gadolinium using 1ml syringe injected directly into the 20 ml syringe. (or 5ml Isovue & 15ml saline if NO Naropin needed or requested)
or
- 20 ml syringe of diluted Gadolinium (see below)
 - Take 100 ml bag of saline and inject 1 ml of Gadolinium, mix and draw off 20 ml into syringe

Volumes of Contrast to Inject:

- Hips and Shoulders: 10ml
- Knees: 15-20ml
- Wrist: Radiocarpal 2-3ml. DRUJ 0.5-1ml
- Elbow: 5-8ml. (inject slowly and ask pt when they feel “fullness” then done.)
- Tibiotalar: 8-10ml.