

Shoulder arthrogram/ hydrodilataion

What is a shoulder arthrogram?

A shoulder arthrogram is a radiographic examination of the capsule surrounding the shoulder joint. Iodinated contrast is injected into the joint space to visualise the area on x-ray.

What is a shoulder hydrodilataion?

A shoulder hydrodilataion is a radiographic examination of the capsule surrounding the shoulder joint. A combination of air and/or sterile water is injected into the capsule to expand it. Steroid medication mixed with saline is injected into the joint space to expand the shoulder joint.

Before your appointment

If you are booked for a shoulder hydrodilataion, please consult with your doctor and/or physiotherapist for exercises which should be commenced within 24 hours after your procedure.

What preparation is required?

You will be required to remove clothing from the upper body and any earrings or jewellery around your neck. You will be asked to change into a hospital gown.

What is involved?

You will lie flat on the x-ray table. The radiologist will give you an injection of local anaesthetic to numb the skin. Another needle will be used, and positioned within the capsule of the shoulder joint.

Are there any side effects?

Some people can experience a dull pain and heaviness within the shoulder during the procedure. You will be asked not to lift your arm any higher than the level of your shoulder for the next 24 hours following the procedure.

If the injection site becomes sore or tender following the procedure, please notify your referring doctor and also contact the medical imaging department. Please alert a staff member if you experience any symptoms of nausea. This is not an allergic reaction.

How long will this take?

This appointment will take approximately 30-60 minutes to complete. **You will need to make arrangements to have someone drive you home.** It is recommended that you do not return to work until the following day.

How do I get my results?

Digital images are immediately available to your doctor and your records will be kept permanently. This occurs through a system called PACS. **If a priority report is requested it will be issued within two hours and faxed or emailed to your doctor. A standard report can sometimes take up to 24 hours.**

If your referring doctor wants to see you on the day of your examination, please advise the reception staff when you arrive for your appointment, so the appropriate information can be made available for you to take to your doctor.

How much will this cost?

Please ask reception staff of the cost involved at the time of booking your appointment.

Important

It is important to let us know when you make your booking if you are or think you may be pregnant or are breastfeeding.

It is important to bring your referral. Previous x-rays and any other tests (if they were **not** done at Cabrini or I-MED) are also required.

Questions

For more information or to make an appointment, please contact Cabrini Medical Imaging using the relevant number below.