Musculoskeletal Imaging and Intervention Section Imaging Procedures

Triple Compartment Wrist Arthrography with Diluted Contrast Medium

PREREQUISITES
Preliminary plain films of the wrist, AP-lateral-obliques.

TECHNIQUE – Arthrography

1. 25G 5” needle.
2. Contrast: solution 1:5 contrast agent and 1% lidocaine, 1 mL diatrizoate sodium 300 mg iodine/mL and 4 mL and 1% lidocaine.
3. Injection: 3-5 mL.
4. Inject under direct fluoroscopic visualization with video recording or spot films.
5. Remove the needle. Patient actively flexes and extends wrist.

TECHNIQUE – Radiocarpal Joint

7. Inject the diluted contrast between the radius and the middle of the scaphoid (See Figures 1-3 below).
8. Follow steps 1-6.

TECHNIQUE – If TFC Tear

10. After 15 minutes inject full strength contrast agent into the mid-carpal joint.
11. Repeat steps 3-6.
12. STOP
**TECHNIQUE – No TFC Tear**

13. After 15 minutes inject full strength agent into the distal radio-ulnar joint.
14. Repeat steps 3-6.
15. Proceed to step 16.

**TECHNIQUE – If No Leakage**

16. Immediately inject full strength contrast agent into the mid-carpal joint.
17. Repeat steps 3-6.
18. STOP

**TECHNIQUE – If Leakage**

19. STOP

**PATIENT POST ARTHROGRAPHY INSTRUCTIONS**

Patient instructions are included in the "Post Arthrography Patient Instruction Sheet."