



Myelogram Discharge Instructions

A myelogram is an X-ray examination of your spinal cord and spinal nerves after contrast is injected into the fluid within the spinal column. When the contrast material is injected into the spinal column, the radiologist is able to view and evaluate the status of your spinal cord and nerve roots. The radiologist views the passage of contrast material in real-time within the spinal column as it is flowing around your spinal cord and nerve roots in order to document abnormalities involving or affecting these structures. The myelogram will be followed by a computed tomography (CT) scan to better define the anatomy and any abnormalities.

Aftercare Instructions

- A friend or relative will need to drive you home.
- Go directly home and rest for 8 hours on a couch or bed supporting your head with at least 2 pillows. This helps reduce the incidence of a headache.
- Following the 8-hour period, you may resume normal activity if you are feeling well.
- Avoid strenuous physical activity and bending over for at least 24 hours.
- Try not to cough, sneeze, strain or make quick movements for 24 hours.
- You may remove any bandages before going to bed.
- You may take a shower. Do not take a bath or sit in a hot tub for 24 hours.
- You may eat your normal diet.
- Drink additional fluids after the procedure. This helps reduce the risk of developing a headache.
- If you are taking a blood thinner like aspirin, Plavix, Pradaxa, Xarelto, Coumadin, Lovenox, among others, you may resume taking it.
- Some patients develop a headache after a myelogram that begins several hours or up to 2 days after the procedure. In addition to significant head pain, the headache may be accompanied by nausea, vomiting, and dizziness and can last from a few hours to a week or more. The headache may be more severe when you are sitting or standing, and relieved with lying down. If you experience a headache, it is best to remain in bed at this time for another 6-8 hours.

- A pain-relieving medication such as acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) can help reduce a headache following the procedure.
- If you experience continuous mild to severe headaches, there may be a small leak of spinal fluid. This generally is not dangerous. If symptoms do not resolve within 2 days, the leak can be sealed over with a blood patch. Contact Teton Radiology if these headaches do not resolve.
- You may have aching in the area where the myelogram was done or muscle spasms in your back for the next 24-48 hours.
- **Your ordering physician will receive the results to the myelogram within 24-48 hours and should contact you with the results, or you can contact your physician.**

If you have an emergency, go directly to the nearest emergency room or call 911. Do not wait to contact our staff.

Please call Teton Radiology at 208-524-7237 Idaho Falls, Rexburg 208-356-4888, or your ordering physician if you have problems or concerns.

(Patient name - Please print)

Your radiologist was:

I understand the above information.

(Patient or family member's signature)

Date

Reviewed with me by:

(Technologist or nurse)

Date