



## Post Myelogram Instructions

- After returning home, please rest 8 hours on a couch or bed supporting your head with at least 2 pillows.
- During these 8 hours after the myelogram, please do not bend over.
- Following the 8-hour period, you may resume normal activity if you are feeling well.
- Avoid strenuous activity for at least 24 hours.
- Solid foods may be eaten as desired.
- Drink plenty of liquids.
- If you experience a headache, it is best to remain in bed at this time for another 6-8 hours.
- You may have aching in the area where the myelogram was done or muscle spasms in your back.
- Various aches and discomforts in your arms/legs should not last longer than 1-2 days.
- 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, the leak can be sealed over with a blood patch. Contact our office if these headaches do not resolve. 208-524-7237.
- Your ordering physician will receive the results to the myelogram within 24-48 hours. He should contact you with the results, or you can contact him.

Your radiologist was:

\_\_\_\_\_

I understand the above information

\_\_\_\_\_  
(Patient or family member's signature)

Date

\_\_\_\_\_  
(Patient Name – please print)

Reviewed with me by

\_\_\_\_\_  
(Technologist or nurse)

Date