



MYELOGRAM DISCHARGE EDUCATION

Information:

A myelogram is a procedure performed with an injection of contrast under x-ray guidance followed by a CT to evaluate the spinal canal. Patients who have extensive surgical history to their back and/or devices contraindicated in MRI may receive a myelogram.

During a myelogram, contrast is injected into the intrathecal sac. This is essentially a "spinal tap" or lumbar puncture with an injection of contrast.

What should I expect after the myelogram ?

- Once you are at home, we encourage you keep your head elevated for 24 hours. You may sleep with pillows to prop your head up at a 30 degree angle.
- If you are feeling OK after that, you can resume limited activities - no lifting greater than 10 pounds.
- Please do not do anything too strenuous.
- If a headache develops, drink lots of fluids and take in some caffeine. If the headache increases in severity, please notify your physician or MRG.

Bathing & Wound Care:

- Keep puncture site clean and dry x 48 hours.
- You may remove the band-aid and shower in 24 hours.
- Any increased drainage from the puncture site, please contact us.

Follow-up visit information:

Call your primary doctor after discharge for a follow-up appointment if you don't already have one. Follow up with Interventional Radiology is not routinely necessary.

Occasionally, a situation will require prompt attention and an emergency room visit is necessary:

- shortness of breath
- chest pains
- Loss of consciousness – (if you passed out or fainted)
- Fever (greater than 100.3°F)
- Continuous vomiting
- Severe headache or stiff neck
- Redness, swelling, red streaking or pain at procedure site

For any questions please contact Oregon Interventional Radiology Clinic at 541-618-5801

In all emergency situations call 911