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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

With these urgent situations, please call Medford Radiology to see what your best course of action is.

For any questions please contact the Medford Radiology office at 541-618-5800

In all emergency situations call 911