

Myelogram Examination Patient Information

My appointment at Saint Elizabeth Regional Medical Center is on _____
_____ at _____ am/pm.

What is a Myelogram?

A myelogram is an x-ray with contrast dye performed by a Radiologist to provide images of the spine, spinal cord, and surrounding structures. Contrast dye, either oil or water based, is injected into the fluid filled space around the spinal cord to provide detailed images of the spine.

Please let the technologist know if you have any allergies to seafood, iodine or other foods or medications or have every had a reaction to any contrast dye.

Patient Instructions:

Please come to the Saint Elizabeth Admissions Office 15 minutes before your scheduled appointment time.

You will need someone available to drive you home after the procedure.

What to Expect:

Your myelogram will be done in the Saint Elizabeth Imaging Center.

You will be asked to sign a consent form giving the doctor permission to perform the exam. The Myelogram will be performed by your physician or the Radiologist who will order medication, intravenous fluids or a special diets depending on your situation.

You will be asked to change into a hospital gown. For the examination, you will lie on your side or stomach on an x-ray table. Your back will be cleansed with an antiseptic solution and sterile drapes will be placed over the area and the skin anesthetized (numbed). A small needle will be inserted into your back below the level of the spinal cord. You may feel some discomfort, but this is usually a feeling of pressure as the needle is properly positioned. A small amount of dye will be inserted.

The room will then be darkened. The table will then be tilted, allowing the dye to flow up and down the spinal canal. Several x-rays will be taken at intervals while the table is tilted. You will be held securely on the table with foot and shoulder supports.

After the myelogram is completed a Cat Scan (CT) will be done before you return to your room. Your head will be kept slightly elevated.

Right After the Exam:

1. Be sure to move slowly, keeping your head up.
2. You will be encouraged to drink fluids, especially juices. You need to drink 2 large glasses every hour. The fluids will help remove the dye from your system. The dye leaves your body through the urine. Your doctor may order an intravenous solution (IV).
3. You should try to lie very still in bed, keep the room quiet and keep the head of your bed raised.

When I Go Home:

1. Someone will need to drive you home and stay with you the first night.
2. Avoid strenuous activity for 1-2 days after the exam.
3. Drink plenty of fluids.
4. You may have soreness in the area where the myelogram was done. You may also experience discomfort in your arms and legs. This should not last longer than one to two days.
5. Headaches may occur after a myelogram. The pain is usually relieved by lying down and is helped by good fluid intake and caffeine. If symptoms persist, notify your ordering physician, who will then evaluate further need for treatment.
6. Check with your primary care physician before resuming your medications, in particular, Glucophage or Antidepressants.
7. A Radiology Nurse will attempt to call you to check on your progress or you may also call 219-7211 and tell us how you are doing.