

NEUROLOGICAL SURGERY ASSOC,PC
513 Brookwood Blvd, Suite 372
Birmingham, AL 35209
(205)949-1800
Swaid N. Swaid, MD, FACS

MYELOGRAM INSTRUCTIONS

WHAT IS A MYELOGRAM?

A myelogram is an X-ray test to find out what is causing your neck or back and/or extremities to hurt. The radiologist will put a needle into a special space in your back so that dye can be placed in the spinal fluid. The doctor will then be able to see if there is pressure on the nerve roots and the covering of the spinal cord. You will lie on your side or stomach for this test. The radiologist will administer a local anesthetic in the area of the injection. A CT scan after your myelogram will be performed for a comparison test in helping diagnose your problem.

BEFORE YOUR MYELOGRAM:

- Contact our office immediately if you are on blood thinners.
- Do not eat anything after midnight on the night before your test. You may drink up to two hours prior to your procedure.
- Drink plenty of fluids the day before your test.
- Take your usual medications before your test except blood thinners.
- Please do not wear any jewelry.
- Check in at outpatient registration at your scheduled time. You will be taken to the Radiology Department when it is time for the test.
- You will wear a hospital gown during the test and should be completely covered. You may wear a second hospital gown as a robe if you wish.
- You may wear shorts or sweat pants without metal snaps and you may wear your underwear and socks or slippers .
- Any clothes with metal hooks or snaps will have to be removed for the test.

AFTER YOUR TEST:

- Follow the instructions given to you by the radiologist.
- Drink as much fluid as you can for 24 hours after the test to help get the dye out of your system.
- The test will be done on an outpatient basis. You will go home approximately 4 hours after the test if your CT scan has been done. If the CT scan is not done in 4 hours, you will be able to leave when it is finished.

You will need someone to drive you home.

- Avoid strenuous activity for 24-48 hours after you go home.
- Do not bend over to pick up anything for 12-24 hours after your myelogram.

- If you have a headache after your myelogram that is worse when you raise your head you should lie flat, take Extra-Strength Tylenol and drink plenty of fluids. If you have a headache for 2 days that does not go away when you lie down, please notify the office at (205) 949-1800.

TEST RESULTS:

After the doctor has had an opportunity to review these results, usually 3-5 business days, and make his recommendations, our office will contact you with his findings.