

Spinal Myelogram

SPINAL MYELOGRAM AND SPINAL DISCOGRAMS

The majority of clinical diagnosis involving the spine can be made with a history, physical examination, and a noninvasive diagnostic study such as an MRI scan, i.e., magnetic resonance imaging scan. Occasionally, more invasive procedure such as a spinal myelogram or a spinal discogram may be required.

The spinal myelogram involves injecting a dye using a needle into the cerebrospinal fluid to outline the nerves using x-ray and CAT scan.

The spinal discogram involves injecting the dye into the disc itself to see if this generates or reproduces your pain. It also involves the use of a spinal needle, x-ray, and CT scan and the injection of x-ray dye into the disc rather than the spinal canal, which is done with myelogram procedure noted above.

These procedures are usually done at the hospital as an outpatient. You should drink plenty of clear liquids such as water, Sprite or 7-up after the procedure. If you develop a spinal headache following the procedure that is to say a headache that is worse when sitting up and improved with laying down. Please contact our office. The risks and complications include infection, bleeding, increased pain, and nerve damage and if you develop severe headaches or temperature over 101 degrees or weakness in your arms and legs, you should contact our office.

Remember to stop by the hospital prior to your follow up appointment to pick up your myelogram and post-myelogram or post-discogram CT scans. Most patients are able to leave the hospital the same day; however, you will need a driver. Be sure to have approval from your family doctor or cardiologist to be off aspirin, Coumadin, Plavix, Persantine, nonsteroidal anti-inflammatories (Motrin, ibuprofen, Advil, Aleve, and Nuprin), and approval to be off these medications a week before and after your planned procedure. In addition, if you have had a surgery, infection or change in your medical condition within the last six to eight weeks prior to your planned procedure or if you had a stroke or heart attack in the past six months or if you are a pregnant or planning a pregnancy, please contact our office. If you develop headaches, vomiting, fever please contact our office.

Please stop by the hospital on the day of your return appointment here to pick up your Myelogram, Discogram, CT films so we can review your results.