

MYELOGRAM

A myelogram is an imaging study of the **spinal canal**. This fluid-filled space runs the length of the spine and protects the spinal cord. During the test, **contrast fluid** (a dye that can be seen on x-rays) is injected into the spinal canal. Then, x-rays are taken to visualize the spinal canal. A CT scan is then performed. A myelogram can show back problems such as disk damage and narrowing of the spinal canal.

BEFORE YOUR MYELOGRAM-

- Do not take aspirin products 3-4 days prior to study.
- Do not take anti-depressants 24 hours prior to study.
- Please bring a list of medications to your appointment.
- Drink plenty of fluids prior to your test.
- No solid food may be eaten 4 hours prior to exam.
- Check in at registration at your scheduled time. You will be taken to the procedure area when it is time for your test.
- You will wear a hospital gown during the test and should be completely covered.

AFTER YOUR TEST-

- Follow the instructions given to you by the radiologist.
- Drink as much fluid as you can for 10-12 hours after the test to help get the dye out of your system.
- **You will need someone to drive you home.**
- Avoid strenuous activity, lifting and/or bending 10-12 hours after you go home.
- Keep head elevated at approximately 30 degrees for 8 hours.
- If you have a headache after your myelogram that is worse when you raise your head you should lie flat for 8 hours. You may take Extra-Strength Tylenol and drink plenty of fluids.
- Do not take Glucophage or Metformin 24 hours after the myelogram.