

Myelogram Information

UR Neuroradiology

Thank you for choosing
UR Medicine Imaging for your
myelogram procedure.

If you have any questions or
concerns, please ask during your
pre-procedure interview or call
us at 585-275-5142.

Directions to Strong Memorial Hospital

From the East: Take I-490 W to Goodman St (exit 17). Turn Left onto Goodman St. Turn Right onto Elmwood Ave. Travel approximately 1 mile, crossing South Ave and Mt Hope Blvd. Hospital will be on the Left.

From the West: Take I-490 E to I-390 S to Exit 16A (East River Rd). Merge Right onto East River Rd. Turn right onto Kendrick Rd. Turn Right onto Elmwood Ave. Hospital will be on the Right.

From the South: Take I-390 N to Exit 16 (E Henrietta Rd/Rte 15A). Turn Right on E Henrietta Rd. After crossing Westfall Rd, merge Left to continue on E Henrietta Rd. At the light, Turn Right onto Mt Hope Blvd. Turn Left onto Elmwood Ave. Hospital will be on the Left.

From the North: Take I-590 S to I-490 W to Goodman St (exit 17). Turn Left onto Goodman St. Turn Right onto Elmwood Ave. Travel approximately 1 mile, crossing South Ave and Mt Hope Blvd. Hospital will be on the Left.

From Parking Garage to Main Lobby to the Imaging Department: Take the elevators in the parking garage to the 1st floor. Follow signs to the Main Lobby. Follow the GREEN (G) ceiling tags to the GREEN elevator. Take the GREEN elevator to the GROUND Floor. Turn Left and follow the Imaging signs to the Imaging reception area (G-3300).

Parking is FREE. A parking voucher will be provided upon check-in.

Neuroradiology

UR Imaging at Strong Memorial Hospital
601 Elmwood Avenue
Rochester, NY 14642
585-275-5142



Imaging



UR
MEDICINE

Imaging

MEDICINE of THE HIGHEST ORDER

What is a Myelogram?

A myelogram is an x-ray study of the spine that uses dye injected directly into your spinal canal to show where your spinal cord or nerves may be damaged by a bone or disc. It is often used, in addition to an MRI study, to clearly define the structure of the nerves.



What must be done before the Myelogram?

The night before and morning of the study, drink plenty of fluids. You may have a light meal up to two hours prior to the study, but you must not eat for the two hours just prior to the procedure.

- Arrange for a responsible adult to drive you home following the procedure. You will be medicated and unable to drive.
- Bring any prior MRI studies with you for the procedure.
- You cannot return to work after this procedure or engage in any strenuous activities for 72 hours.

Can I take my usual medications before the study?

Yes, with a few exceptions: **Coumadin/Warfarin** must be stopped at least 4-5 days prior to the study, with permission from the physician who ordered it. The myelogram can not be performed if it is not stopped as directed. **Lovenox** must be stopped 24 hours prior to the procedure. **Compazine**, and other **phenothiazines** must be stopped two days prior to the procedure. Ask your doctor if you have questions about whether your medicines must be stopped. Ask your doctor about resuming any

medications that have been stopped for the myelogram.

What if I have a contrast allergy?

ANY contrast allergy, even if not severe, is pretreated with prescription medicine. The physician ordering the myelogram will prescribe this for you.

What are the risks of the procedure?

The most common risk is a headache, which can be prevented and treated by rest and fluids. It is most likely to occur during the first 24 hours, but may occur up to 3 days after the procedure. Other risks are less common, and will be discussed during the review of your consent form.

What happens when the test is performed?

You will be on an x-ray table on your stomach for a study of the lower spine, or on your side for a study of the upper spine. X-ray guidance will be used to locate the site to access the spinal canal. Your skin will be numb from a local anesthetic, then the dye will be injected. After this, a series of x-rays will be taken. This takes about one hour. You will then be monitored by the nursing staff, and will have a CT scan of the spine. You should expect to be in the hospital for a total of 2-4 hours.

Discharge Information

- You may have been given medicine that may make you sleepy. Do not drive, drink alcohol, operate machinery, or make major decisions within the next 24 hours.
- Rest for the remainder of the day, do not return to work. Resume your normal activities the morning following the procedure.
- Do not bend, strain, or do heavy lifting for 72 hours.
- Post-procedure headaches may occur within 72 hours, may last up to a week. Headaches can be treated with bed rest, over the counter pain medicine, and drinking plenty of fluids.
- Drink at least four (4), eight (8) ounces of fluids over the first four hours after the procedure, then continue to drink more fluids than usual for the remainder of the day. Resume your normal diet.
- If you take Coumadin (Warfarin), check with your primary physician before resuming its use.
- If any other medicines were stopped, they may be restarted 24 hours after the procedure.