

Myelogram

A myelogram is an x-ray test to check your spinal cord and nerves. A small amount of radioactive dye is given for this test. The dye leaves your body after a few days.

If you have any allergies to medicines, foods or other things, tell the staff before the test.

If you are pregnant, or think you might be, tell the staff before the test.

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or leave alone.

Arrive on time for your test. The test takes about 1 hour.

To Prepare

- Do not eat or drink anything, including water, after midnight before the test.
- If you are to take your medicines the morning of the test, take them with sips of water only.

During the Test

- You will wear a hospital gown.
- You lie on a table on your stomach or your side.
- The doctor cleans part of your back. This may feel cold.
- Numbing medicine is put into the skin of your back.
- When the skin is numb, the doctor puts a needle in between the bones of your back. If you feel any pain, tell the doctor **where** and **how** it hurts.
- Some fluid is removed for testing.
- A small amount of dye is given through the needle so that the space around your spinal cord can be seen on x-ray.
- You are asked to turn slowly and the table moves.
- X-rays are taken while you are in different positions.
- The needle is removed and a band-aid is placed over the spot.
- More x-rays are taken.

After the Test

- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety. You will need to lie down in the car.
- Lie in bed with your head up for the next 6-8 hours.
- Drink plenty of liquids to avoid a headache.
- For the next 24 hours:
 - An adult family member or friend should stay with you
 - Rest
 - Do not drive
- Test results are sent to your doctor. Your doctor will share the results with you.

Call your doctor **right away** if you:

- Have a severe headache
- Feel numb
- Lose feeling in your fingers or toes
- Are less alert or confused
- Have a seizure or convulsions
- Feel weak
- Vomit

Also call your doctor if your needle site:

- Swells
- Feels warm or gets red
- Has bleeding that will not stop
- Leaks clear fluid

Talk to your doctor or nurse if you have any questions or concerns.