PRE – MYELOGRAM INSTRUCTIONS (PRIOR TO YOUR EXAM):

➢ You must bring any x-rays, MRI films, CT films or any other pertinent radiology studies to the office on the day of your appointment.

➢ The Myelogram usually takes about an hour. (This is an approximate time frame.)

➢ Blood thinning medications need to be discontinued:

  o **7 Days prior to procedure:**
    Stop aspirin and all aspirin products (e.g. Bayer, Ecotrin, Easprin, Empirin & Excedrin), Coumadin, Heparin, Plavix and garlic pills.

  o **ATTENTION:** patients taking Coumadin, Heparin or Plavix, cannot have procedure performed unless prior arrangements have been made to stop these medications with their prescribing physician.

  o **5 Days prior to procedure:**
    Stop Non-Steroidal Anti-Inflammatory Drugs
    (NSAIDS) Ibuprofen, Motrin, Nuprin, Advil, Midol, Mobic, Naproxen, Naprosyn, Anaprox, Aleve, Bextra, Relafen, Feldenc, Daypro, Voltaren, Dolbid, Indocin, Clinoril, Cataflam, Lodine.

➢ We must be notified before your study of any allergic reactions to iodine contrast. Pre-medication may be necessary depending on the severity of the reaction.

➢ Please drink 5-6 large glasses of liquid (no alcohol) such as water, juice and soft drinks the day of the Myelogram.

➢ You must have someone drive you home after the test is complete and if you live alone, you must have someone stay overnight with you the first night.

MYELOGRAM DISCHARGE INSTRUCTIONS:

➢ Move as little as possible the first 24 hours. Stay at home.

➢ Keep your head elevated – use 4 pillows in bed or lay in a recliner for the first 10 hours and then 2 pillows in the bed for the next 14 hours.

➢ You may get up to use the bathroom and sit up for meals ONLY!

➢ Drink plenty of fluids – NO ALCOHOL!

**If you experience severe headaches, nausea, vomiting or any neurological deficits following your procedure, please contact our office immediately at 810-275-9152 ext 500 – this is the 24 hour Hotline.