



Adult Cervical, Thoracic, or Lumbar Myelogram

Diagnostic Radiology (Outpatient)

Welcome:

We would like to welcome you OSF Saint Francis Medical Center Diagnostic Radiology Department.

You have been scheduled to have a Myelogram. This is a diagnostic procedure using fluoroscopy (a form of x-ray). The information contained in this pamphlet will help you understand the test that has been scheduled.

When to Come, Where to Park, and Where to Go:

Please arrive 60 minutes before the time of your scheduled test.

What to Bring with You:

You may have had x-rays done at a hospital other than OSF Saint Francis Medical Center. Please bring copies of the films with you the day of the test. You may also request that the doctor's office send the films or results to us at the hospital before your test.

Prep:

Nothing to eat or drink after midnight the night before your test, except clear liquids (non-pulp fruit juice, tea-no sugar or cream, water).

Jewelry:

Please remove all jewelry from your chest and belly before your test.

PREGANCY TESTING POLICY

It is the policy of OSF Saint Francis Medical Center to conduct pregnancy tests on female patients having a CT, MRI, Nuclear Medicine, PET, Angiography, or X-ray exams of the abdomen area. This policy is to avoid potential harm to an unborn baby as a result of the radiation or medications given during the exam.

A pregnancy test is required prior to the procedures listed above and should be ordered by your physician if you are a female:

- Between the ages of 12 and 50 and have not had a hysterectomy
- Less than 12 years old and are having menstrual periods
- Over age 50 and having menstrual periods

The pregnancy test must be done within three days prior to your exam at any OSF Saint Francis facility. Home pregnancy tests are not acceptable.

If you have your pregnancy test done the day of the procedure:

- Arrive 30 minutes earlier if you are scheduled at any OSF Out Patient locations.
- Arrive 60 minutes earlier if you are scheduled at Saint Francis Medical Center main campus hospital

If you know that you are pregnant please notify your physician.

Medications:

You may take medication as prescribed with 2 to 3 sips of water, **except for blood thinners and aspirins. You should stop taking blood thinners three days prior to your test. Do not take any aspirin the day before your exam and the day of your exam.**

Allergies:

You may receive contrast as part of the test. Contrast is something given to let a part of the body be seen on an X-ray. If you have any known allergies to iodine or X-ray contrast, please contact your ordering doctor. You may need to take special medications before having this test.

Test Instructions:

The test will be explained to you by a registered x-ray technologist. You will be asked to sign a consent form before the test starts. You may be asked to wear a hospital gown for your test. A registered technologist will help a radiologist with your test. The test will take about 60 minutes. You will lie on an x-ray table under an x-ray tower.

The radiologist or technologist will clean your back with betadine. A Radiologist will localize the area with a numbing agent called xylocaine. The Radiologist will then insert a spinal needle into your spinal canal and inject contrast. Contrast allows your spinal column and surrounding areas to be seen on x-ray.

The radiologist and x-ray technologist will take films. It is routine for a CT scan of your spine to be done immediately following a myelogram. After the CT scan, you will be admitted to a hospital room for 4 to 6 hours for observation. You must have someone drive you home.

Test Results:

Your test will be read by a Radiologist (doctor specializing in medical imaging). The radiologist will give a report that will be typed and sent to your doctor. You can make plans with your ordering doctor on how to get the test results (such as follow-up doctor appointment, calling the doctor's office, etc.).

After Test Instructions:

You should keep your head raised for eight hours after the test. Do not lie flat until bedtime.

After the test you may get a headache. If you get a headache, bed rest, fluids, and Tylenol are recommended.

If a headache lasts for more than two days, call your primary doctor or come to the emergency department and tell the doctor you had a Myelogram done recently.