

# Myelogram

## What is a myelogram?

A myelogram is a test to evaluate any complications within your spinal canal, including the spinal cord, nerve roots and spinal lining. The spinal canal is a tunnel-like structure in your spine that holds your spinal cord. A myelogram uses a contrast material injected into the spinal canal with the guidance of medical imaging — usually by fluoroscopy (real time X-ray), standard X-ray or computed tomography (CT). Pictures are then taken of your spinal canal.

## Before Your Exam

- Don't eat the morning of the test. You can drink water or other clear fluids.
- Stop taking medicines before the test, if instructed to do so.
- Arrange for someone to drive you home after the exam.
- Tell the health care provider if you:
  - Are pregnant or think you may be pregnant
  - Have any bleeding problems
  - Have had back surgery or low-back pain
  - Have any allergies
  - Take blood thinners (anticoagulants) or other medicines including aspirin, certain antipsychotic medicines and antidepressants. You may be told to stop taking these one or more days before your test.

## What happens during a myelogram?



You will change into a hospital gown.



Your doctor will advance a thin needle under guidance, usually using fluoroscopy, into your spinal canal space.



X-rays of your spine will be taken.



Your doctor will inject contrast material into your spinal canal. The doctor may take out a small amount of spinal fluid.



Your lower back will be cleaned, covered with drapes, and injected with a numbing medicine.



Additional X-rays will be taken. If you need a CT test, it will follow the X-rays.

## After Your Exam

- Take it easy for the rest of the day, as advised.
- Avoid physical activity, or bending over for one or two days after the procedure, or as directed by your doctor.
- Lie down with your head raised if you get a headache, or if instructed to do so.
- Drink plenty of water.

Results from your exam will be sent to your ordering physician within 24 to 48 hours. You may also access your results through our online portal at HelloWell.com.

**To schedule a myelogram exam, call 407-303-2273.**

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

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