

PATIENT INSTRUCTIONS: BEFORE YOUR MYELOGRAM

Clear liquids include: Water, tea, coffee (no cream), soft drinks, bouillon, Jello (no fruit), apple juice, cranberry juice, ice popsicles.

1. Do not eat solid food after midnight, before your myelogram. You may drink clear liquids until you arrive at Eastern Radiologists.
2. Medications:
 - If you are taking any medications regularly, DO NOT take them the morning of your Myelogram, BUT bring them with you. The only exception is pain medicine, keep taking it if you need to.
 - Diabetics, it is very important that you DO NOT take your diabetic medication before your Myelogram, BUT bring it with you.
 - If you are allergic to contrast (X-ray dye), notify your referring physician so you can get a prescription. You will need to be pre-medicated before your Myelogram.
 - Please notify your referring physician if you take blood thinning medications, to obtain further instructions.
 - If you have a fever, infection, or are on antibiotics, please call a nurse at Eastern Radiologists for instructions at 252.752.5000.
3. Please leave valuables at home.
4. Please dress comfortably. Ex, socks, shoes, loose clothing

Please be prompt and arrive at 7am the morning of your Myelogram at the #10 entrance of Doctors Park.

You will be discharged anytime from lunchtime to mid-afternoon depending on the number of patients present that day.

You must have a driver! You should not drive for 12 hours following you Myelogram. If your driver is not staying with you, please bring something to eat. Soft drinks will be provided.