

## **PATIENT INSTRUCTIONS: AFTER YOUR MYELOGRAM**

1. **PLEASE GO HOME AND REST!** Try to limit the amount of time you must sit up straight until tomorrow morning.  
**RECLINE OR LIE DOWN AS MUCH AS POSSIBLE!**
2. **DO NOT DRIVE** until tomorrow morning.
3. **DRINK PLENTY OF FLUIDS** to help flush the contrast (dye) out of your body. If your health permits, drink caffeinated drinks.
4. **DO NOT ENGAGE IN ANY STRENUOUS ACTIVITIES** including heavy lifting for the next few days.  
Your referring Physician is responsible for work excuses and any prescription related questions.
5. **SHOULD YOU DEVELOP FEVER AND/OR SEVERE PAIN**, (worse than usual) please call the nurse at Eastern Radiologists, Inc.
6. **SHOULD YOU DEVELOP A HEADACHE, LIE DOWN!!!** That's the most important, initial treatment for a post-spinal headache. You must lie down for 24 hours trying not to get up for any reason. If the headache persists after 24 hours of bed rest, please call your Physician's office or the nurse at Eastern Radiologists, Inc.
7. **IF YOU HAVE ANY QUESTIONS OR CONCERNS**, please do not hesitate to call your Physician's office or the nurse at Eastern Radiologists, 252.752.5000 or 252.847.4485 on nights and weekends.