

PATIENT INSTRUCTIONS: BEFORE YOUR MYELOGRAM

What is a Myelogram?

A Myelogram is a way of obtaining pictures of the spine after injection of a iodinated contrast dye. This procedure lets your doctor take a close look at your spinal cord, the spinal nerves and any spinal defects.

Procedure Preparation

- You **MUST** bring a driver
- Do **NOT** eat after midnight, clear liquids only. **Clear liquids include: water, tea, coffee (no cream), jello (no fruit)**
- If you are taking any medications regularly, **DO NOT** take them the morning of your Myelogram, bring them with you. The only exception is pain medicine-keep taking it if you need to.
- Diabetics, please be sure to discuss taking your diabetic medication with our nurse prior to your appointment.
- You can expect to be at the office until around 11am, your driver may bring you food during this time.

If you answer yes to any of the following questions, please call 252-752-5000 prior to your appointment and ask to speak with a nurse.

1. Do you have an active **infection** or **fever**?
2. Are you currently on **antibiotics** or within 7 days from completing antibiotic course?
3. Are you allergic to **x-ray/contrast dye**?
4. Are you taking any **blood thinners/anticoagulants**?
 1. Coumadin (Warfarin)
 2. Plavix (Clopidogrel)
 3. Eliquis (Apixaban)
 4. Xarelto (Rivaroxaban)
 5. Lovenox (Enoxaparin)
 6. Heparin
 7. Pradaxa (Dabigatran)
 8. Atrixa (Fondaparinux)
 9. Aggrenox
 10. Effient (Prasugrel)
 11. Brillinta (Ticagrelor)
 12. Aggrenox (Dipyridamole/Aspirin)
 13. Pletal (Cilostazol)

Appointment Date: _____ **Arrival Time:** _____ .

Your procedure is scheduled for _____. On the morning of your myelogram go to Eastern Radiologists' entrance located at #10 Doctors Park.

You will be contacted by one of our nurses approximately 1 week prior to your appointment.

If you do not hear from our office by 1pm the day prior to your procedure, please call 252-752-5000