

Neuroradiology

This pamphlet's purpose is to provide basic information to help you understand your discogram procedure.

The physicians and physician assistants in the Division of Diagnostic and Interventional Neuroradiology at the University of Rochester Medical Center / Strong Memorial Hospital will answer any questions you may have before they perform your procedure.

If you do have any questions or concerns, please ask during your pre-procedure interview or call us ahead of time at 585-273-1563.

Radiologists:

- ◆ P-L Westesson, MD, PhD, DDS,
Director, Diagnostic & Interventional
Neuroradiology
- ◆ Jeevak Almast, MD,
Attending Neuroradiologist
- ◆ John Deveikis, MD,
Attending Neuroradiologist
- ◆ Sven Ekholm, MD, PhD,
Attending Neuroradiologist
- ◆ Henry Wang, MD, PhD,
Attending Neuroradiologist

Physician Assistants:

- ◆ Stephen D'Ambrosio, MPAS, RPAC
Physician Assistant
- ◆ Iris Young, RPA-C, Physician Assistant



9/18/09

Directions to Strong Memorial Hospital

From the East:

NYS Thruway (I-90) to Exit 46; I-390 North to Exit 16 (W. Henrietta Rd); right on W. Henrietta Rd (Rte 15); proceed approximately two miles to Elmwood Avenue; make a left on to Elmwood Ave; the hospital will be on your left hand side; parking garage will be on the left.

From the West:

NYS Thruway (I-90) to Exit 47; I-490 East to I-390 South to Exit 16A (E. River Rd.); right on East River Rd. and right on Kendrick Rd; bear left onto Lattimore Rd; one block to Crittenden Rd.; take right on Crittenden, parking garage will be on the left.

From the South:

I-390 North to Exit 16 (W. Henrietta Rd.); right on W. Henrietta Rd (Rte. 15); proceed two miles and make a left on Elmwood Avenue; parking garage will be on the left.

From Parking Garage to the Patient Information Desk (Main Lobby) to the Imaging Sciences Department (Ground Floor)

Take the garage elevators to the 1st floor. Follow the signs to the main lobby. Go through the main lobby passing the information desk. Follow the Red (R) ceiling tags to the red elevators. Take the red elevators to the ground floor. Exiting towards the red corridor turn right and follow the black ceiling tiles marked (x) to the Imaging Sciences/Radiology reception area (G-3300).

NEURORADIOLOGY

University Imaging at Strong Memorial Hospital
601 Elmwood Avenue
Rochester, NY 14642-8648
Telephone: 585-273-1563

Discogram



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Frequently Asked Questions Regarding a Discogram

Q. What is a Discogram?

A. A discogram is an x-ray study of the discs of the spine, that is used to determine if back pain is coming from the discs.

Q. What must be done before the Discogram?

- A. You should not eat or drink after midnight the day before the study. You may take your regular medication with small sips of water but no solid food (see next question). The night before the study you must drink plenty of fluids.
- You must arrange for a responsible adult to drive you home following the procedure.
 - You must arrange to bring any prior MRI studies with you for the procedure.
 - You cannot return to work after this procedure and must not engage in any strenuous activities for 72 hours.

Q. Can I take my usual medications before the study?

A. Yes, with a few exceptions:
Coumadin/Warfarin must be stopped at least three days prior to the study, with permission from the physician who ordered its use. The discogram procedure will not be performed if it is not stopped as directed.

Lovenox must be stopped 24 hours prior to the procedure.

Consult your doctor about resuming any medications that have been stopped for the kyphoplasty or vertebroplasty procedure.

Q. What if I have a contrast allergy?

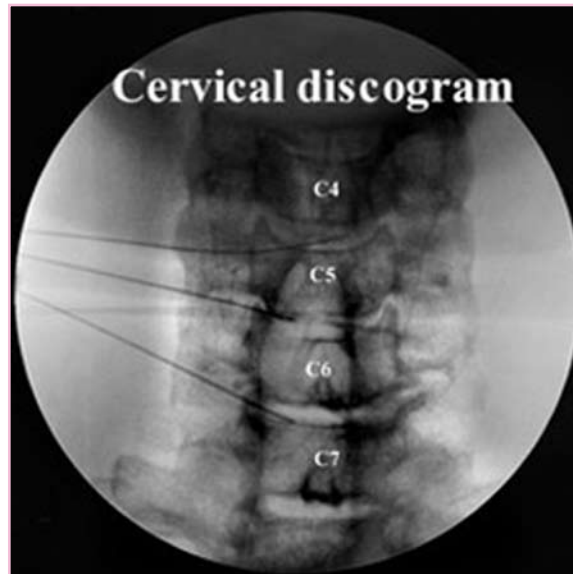
A. **ANY** contrast allergy, even if not severe, **MUST** be pretreated with prescription medicine. The physician ordering the discogram will prescribe this for you.

Q. What are the risks of the procedure?

A. The procedure is low risk. There is usually some increase in pain the afternoon and day after the procedure. There is a theoretical small increase of increased back pain.

Q. What happens when the test is performed?

A. You will be on the x-ray table on your stomach for a study of the lower spine. X-ray guidance will be used to locate the site to access the disc in the lower spine. A thin needle will be placed into the discs after giving you sedation and numbing medicine in the skin. Once the needles are in place, a small amount of radiographic dye will be injected to see if this can reproduce your usual pain. If the disc is normal there will be no pain when the radiographic dye is injected. If the disc is the source of your usual back pain, this can often be reproduced with the injection of dye. This is the purpose of the discogram.



Preparation for Discogram

- > Do not eat or drink after midnight and do not have anything for breakfast.
- > You may take your regular medication with a small sip of water.
- > Arrange to have a responsible adult to drive you home after the study since you will be receiving sedation during the procedure. The sedation makes you unable to safely drive a car.

