

Patient's Name: _____

Your exam has been scheduled for

_____ Date _____ Time _____

Radiology Department Telephone No.: _____ (585) 275-5268

Please be on time for your appointment, and kindly give at least 24 hours notice if you need to reschedule.

If you have a question that has not been addressed in this brochure, please call 585-273-4080.

Radiologists

- P-L Westesson, MD, PhD, DDS, Director, Diagnostic & Interventional Neuroradiology
- Sven Ekholm, MD, PhD, Attending Neuroradiologist
- Henry Z. Wang, MD, PhD, Attending Neuroradiologist
- Cynthia A. Zink, RPA-C, Physician Assistant
- Iris Young, RPA-C, Physician Assistant
- Ajay Malhotra, MD, Radiologist, Fellow in Neuroradiology
- Sidhur Kathuria, MD, Radiologist, Fellow in Neuroradiology
- Ravinder Sidhu, MD, Radiologist, Fellow in Neuroradiology
- Guruprasad Srinath, MD, Radiologist, Fellow in Neuroradiology
- Taik-Kun Kim, MD, Radiologist, Fellow in Neuroradiology

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Directions to Strong Memorial Hospital

From the East:

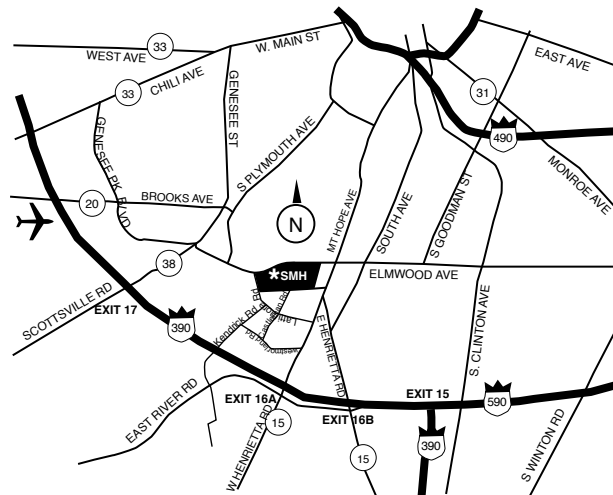
NYS Thruway (I-90) to Exit 46; I-390 North to Exit 16 (W. Henrietta Rd); right on W. Henrietta Rd. (Rte. 15); proceed approximately two miles to Elmwood Avenue; make a left on to Elmwood Ave; the hospital will be on your left hand side; parking garage will be on the left.

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:

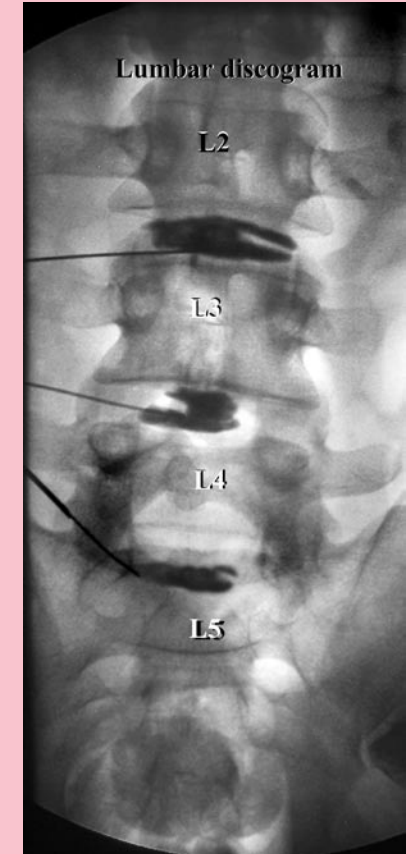
I-390 North to Exit 16 (W. Henrietta Rd.); right on W. Henrietta Rd. (Rte. 15); proceed two miles and make a left on Elmwood Avenue; parking garage will be on the left.



From Parking Garage to the Patient Information Desk (Main Lobby) to the Radiology 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 Radiology reception area (G – 3300).

Discogram Information



STRONG HEALTH

STRONG MEMORIAL HOSPITAL
DEPARTMENT OF IMAGING SCIENCES

Division of Diagnostic and
Interventional Neuroradiology
University of Rochester Medical Center

601 Elmwood Avenue
Rochester, NY 14642-8648
Telephone: (585) 275-5268

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 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 will not be performed if it is not stopped as directed.

LOVENOX must be stopped 24 hours prior to the procedure. COMPAZINE, and other PHENOTHIAZINES must be stopped two days prior to the discogram. Ask your doctor if you have questions about if any of your medicines must be stopped.

Take all of your other medications as usual, the morning of the procedure, with a small amount of water. PLEASE take your pain medication as usual!

Consult your doctor about resuming any medications that had been stopped for the discogram.

Q. What if I have a contrast allergy?

- A. ANY contrast allergy, even if not severe, MUST be pre-treated with PREDNISON 50mg tablet at 25 hours, 13 hours, and one hour prior to the discogram, and BENADRYL 25-50 mg tablet 2 hours prior to the procedure. The physician ordering the discogram will prescribe these 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 an 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 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 discogram. The sedation makes you unable to safely drive a car.

DISCHARGE INSTRUCTIONS

Doctor/Physician Assistant performing procedure:

- You may have been given medicine that may make you sleepy. Do not drive, drink alcohol, operate machinery, or make major decisions in the next 24 hours.
- You must rest for the remainder of the day, do not return to work. Resume your normal activities the morning following the procedure.
- You must not bend, strain, or do heavy lifting for 72 hours.
- Drink at least four (4), eight (8) ounce fluids over the first four hours after the procedure, then continue to drink more fluids than usual for the remainder of the day. Resume your usual diet.
- If you take Coumadin (Warfarin), check with your primary physician before resuming its use.
- If any other medicines were stopped, they may be restarted 24 hours after the procedure.

YOU CAN REACH A NEURORADIOLOGIST ON CALL AT (585) 275-2222.

Date/Time: _____

Patient's Signature

RN/MD's signature

The Emergency Department is open 24 hours a day at (585) 275-4551.