

Patient's Name: _____

Your myelogram 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 585-275-4970.

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:

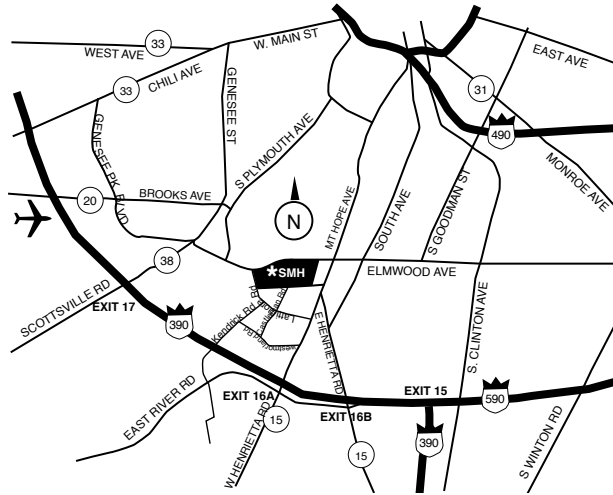
NYS Thruway (I-90) to Exit 46; I-390 North to Exit 16 (W. Henrietta Rd); right on W. Henrietta Rd. (Rte. 15); proceed approximately two miles to Elmwood Avenue; make a left on to Elmwood Ave; the hospital will be on your left hand side; parking garage will be on the left.

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).

Myelogram 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 MYELOGRAM

Q. What is a Myelogram?

A. A Myelogram is an x-ray study of the spine, that uses dye directly injected into your spinal canal to show where your spinal cord or nerves may be damaged by bone or disc in your spine. It is often used, in addition to an MRI study, to clearly define the structure of the nerves.

Q. What must be done before the Myelogram?

A. The night before and morning of the study, you must drink plenty of fluids. You may have a light meal up to two hours prior to the study, but must not eat or drink for the two hours just prior to the procedure.

You must arrange for a responsible adult to drive you home and stay with you the night 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 myelogram 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 myelogram. 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 myelogram.

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 myelogram, and BENADRYL 25-50 mg tablet 2 hours prior to the procedure. The physician ordering the myelogram will prescribe these for you.

Q. What are the risks of the procedure?

A. The most common risk is a headache, which can be prevented and treated by rest and fluids. It is most likely to occur during the first 24 hours after, but may occur up to 3 days after the procedure. Other risks are less common, and will be discussed during the review of your consent form.

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, or on your side for a study of the upper spine. X-ray guidance will be used to locate the site to access the spinal canal. Your skin will be numb from a local anesthetic, a thin needle will be placed to access the spinal fluid, then the dye will be injected. After this, a series of x-rays will be taken. This takes about one hour, and completes the myelogram portion of the procedure. You will then be monitored by the nursing staff, and will have a CT scan of the spine. You should expect to be in the hospital for a total of 3-4 hours.

MYELOGRAM _____ LUMBAR PUNCTURE _____

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.
- Post-procedure headaches may occur within 72 hours, may last up to a week, and must be treated with bed rest, over the counter pain medicine, and drinking plenty of fluids.
- 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 re-started 24 hours after the procedure.

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

- You develop a severe headache that worsens over days, severe nausea, vomiting, fever, a stiff neck, or severe pain at the puncture site.

Date/Time: _____

Patient's Signature

RN/MD's signature

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