

## Discogram

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

The night before the procedure, you must drink plenty of fluids. However, do not eat or drink after midnight. You may take your regular medication with small sips of water.

One exception is *Coumadin/Warfarin*; these must be stopped at least 3 days prior to the exam with permission from the ordering physician.

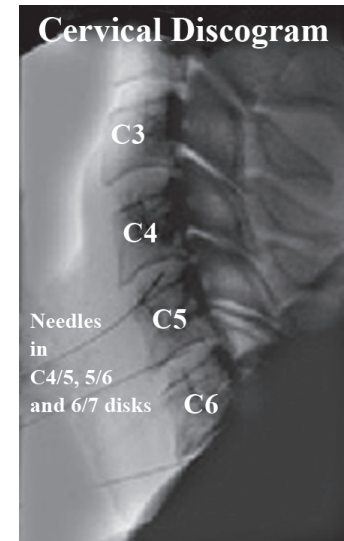
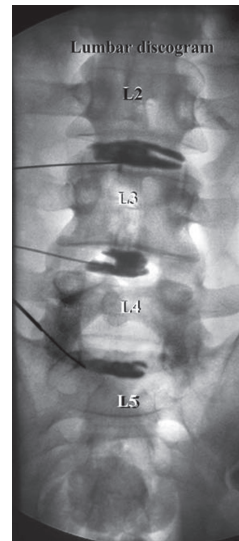
Another exception is *Lovenox*; this must be stopped 24 hours prior to the exam. **The discogram procedure can not be performed if these medications are not stopped as directed.** Consult your doctor about resuming any medications that have been stopped for the procedure.

On the day of your exam, be sure to bring any prior MRI studies with you to your appointment. **You must be accompanied to your appointment by a friend or relative who will take you home.**

During the procedure, you will lie on your stomach for a spine study. X-ray guidance will be used to locate the site to access the discs in a particular section of the spine. Thin needles will be placed into the discs



after sedation and numbing medicine are administered through the skin. Once the needles are in place, a small amount of radiographic dye will be injected to see if it can reproduce the pain you typically experience. 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, pain will be felt with the injection of the dye. The procedure is low risk, however, there is usually some increase in pain that afternoon and the day after the exam.



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



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