



MYELOGRAM PREP

1. Hydrate by drinking 6-8 cups of fluids the evening prior to the procedure, beginning about 2 p.m.
2. **Please remember to refill pain medications, if necessary, before your Myelogram appointment and bring your medications with you to the appointment.** (Refills are to be made by the original ordering doctor) Some pain medications can be taken the morning of the exam. **However, there are a few pain meds that are contraindicated. Ex. Ultram, Tramadol, and Neurontin. PLEASE REVIEW THE ATTACHED LIST.** The radiology RN will discuss this with you during a pre-appointment interview over the phone
3. Be sure to take any cardiac medication and/or blood pressure medication that you are currently taking. Drink only enough water to take your medication the day of your exam.
4. Do not eat or drink anything (with the exception noted above) three hours prior to exam.
5. You must have a driver. You must be able to lie flat in the back seat on your drive home from the hospital or you may recline the front seat as far back as possible. You may also use a small pillow.
6. You must have someone stay with you for 48 hours after discharge from the hospital due to the need of continued bed rest.
7. Bring films and reports from any previous studies, such as MRI's, CT's, Xray's, etc., with you. We will scan them into your file or chart at the Kansas Spine Hospital, LLC.
8. Stop antidepressant medications unless ordered otherwise. You may discuss this with the physician who has ordered them or your pharmacist.
9. Stop blood thinners such as aspirin, ibuprofen and Vitamin E. If you are currently taking Coumadin or Plavix prescribed by your physician, check with him or her first before discontinuing.
10. You must stop taking Metformin, Glucophage, Glucovance, or Avandimet for 48 hours before and after the Myelogram. Your family physician may possibly need to adjust your medication during these few days.
11. If you are allergic to IV Dye, you will need to take Benadryl and a Prednisone-Pac to prevent a possible reaction. This needs to be ordered by the physician who has ordered your procedure. The contrast is very safe, but this precaution is recommended. Please be able to provide a complete allergy history.
12. Wear something comfortable such as elastic-waist shorts, pajama bottoms or sweat pants and a t-shirt. Women may choose to wear a sports bra without any metal.
13. You will be staying at the Kansas Spine Hospital, LLC about 6 hours after your myelogram for continued care and observation.
14. The Radiology Nurse or Radiology Technologist will contact you prior to your procedure to discuss the preparation and answer any questions you may have. You may call Kansas Spine Hospital Radiology if you have further questions at 316-462-5370 or toll-free at 866-577-7463.

******IT IS YOUR RESPONSIBILITY TO MAKE SURE YOU HAVE PAIN MEDICATIONS AT THE TIME OF YOUR APPOINTMENT. CALL THE ORDERING DOCTOR IN PLENTY OF TIME IF A REFILL IS NEEDED**