Jewish Hospital & St. Mary's HealthCare

Patient Instruction Information: MYELOGRAM or LUMBAR PUNCTURE	Your Appointment Information
	Date: _____
	Time: _____
	Location: _____

What Is It?

A myelogram is an invasive x-ray procedure performed by a physician to enable your doctor to find abnormalities of the spine. You will need to lie on your stomach while iodinated contrast material is injected into the fluid-filled space around the nerve roots or spinal cord. Some pictures will be taken in the x-ray department. Then you will be transferred to the CT scanner where additional pictures will be taken using x-rays. Next you will be transferred to a hospital bed where you will need to lie flat for four hours. From there, you will be discharged home.

A lumbar puncture is similar. Fluid is removed from the sac around the nerve roots and sent for the diagnostic studies your doctor has ordered. X-rays are used for guidance, but no contrast is injected, and there is no subsequent CT scan. You will still have to lie on your stomach for the test, and you will still have to lie flat after the test.

How Long Will I Be Here?

- Prep - 1 hour
- Test - 1 to 1 and a 1/2 hours
- Post - 4 hours

ENTIRE TEST - Approximately 6 to 8 hours

What Do I Need To Do To Prepare?

- Arrive 30 minutes before appointment time to register
- Inform staff and physician of any food or drug allergies
- Bring a copy of your order (if you have it)
- Bring insurance card and referral numbers (if required)
- Inform staff of any potential pregnancy
- Bring a list of medications with you
- You will need someone to drive you home
- Speak to your ordering doctor about any medicines you take. Some medicines will need to be stopped days before the procedure. A complete list of medications is available in the radiology department. If you have any questions, please ask to speak to the radiology department nursing staff
- Make sure you are well-hydrated before the test, unless your doctor has you on a fluid restricted diet
- After the test, when home, plan to limit physical activity that evening / next day