

## Cisternogram

Please read this before your appointment. Feel free to ask questions.

A **Cisternogram** is a special test. It looks at the way fluid moves through the spine and up to the brain. It is used to see if there are blockages of the spinal fluid movement. A radioactive agent is injected into the spine. The injection is put in the low back. This is performed by a doctor (radiologist) who specializes in reading x-rays. Pictures of the spine are taken immediately after the injection. Pictures are taken again at 3 and 6 hours after the injection. This is an outpatient procedure. You will be asked to return to the hospital 24, 48 and 72 hours after the injection. Each set of images will take about an hour.

**You are scheduled for an exam at the following HealthEast facility:**

- St. John's Hospital
- St. Joseph's Hospital
- Woodwinds Health Campus

**Appointment Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

Questions about scheduling, call: 651-232-5500

**Tell your health care professional if you:**

- Are or might be pregnant.
- Have bleeding problems
- Are taking blood thinners, coumadin or aspirin.
- Have a history of kidney problems or diabetes.

### Preparation

- Please eat a light breakfast before 7:00 am.
- No solid food for 4 hours before the test.
- Drink a lot of water prior to coming for the test.
- You will be asked to stay for 4 hours after the exam.
- You will need to have someone drive you home.

### The Examination

For this exam, you will wear a hospital gown and robe. When you enter the room, the technologist will explain the exam to you. They will ask you a few questions and answer any questions you may have.

You will first lie on your stomach for the exam. An area on your back will be cleaned. Medication will be injected. This is to numb the skin. A needle will be placed into the spine. A small amount of spinal fluid will be removed. The imaging agent will be injected through the needle into the spinal canal. The radiologist will remove the needle. You will be sent to Nuclear Medicine for images of your spine and head.

For the next part of the test you will be laying on your back while the pictures of the spine and head are taken. After the pictures are taken, you will remain on your back for 1 to 3 hours. Additional pictures will be taken at 3, 6, 24, 48 and 72 hours later. You may move around after the 3 hour pictures.

### **When the Exam Is Completed**

The radiologist will study the films and report the findings to your doctor. Your doctor will explain the results to you. You may go back to your normal activities unless otherwise instructed by your doctor. Feel free to ask questions. We welcome your comments.

**At HealthEast, we are dedicated to providing the best possible care. Thank you for taking time to read these instructions. We hope to make your experience as pleasant as possible.**

### **Billing Information**

You will receive two bills for this exam.

1. The technical fee is for doing the procedure. It will be from the HealthEast facility. If you have questions regarding this bill, call 651-232-1100.
2. The professional fee is for the radiologist's time. It will be from the radiologist's group. There will be a phone number on the bill that you may call if you have any questions regarding the charge.

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Materials provided by HealthEast Patient Education Service. For 24 hour access and referral:  
HealthEast Care Connection: 651/326-CARE (2273) · 1-866-326-CARE (toll free)  
· [www.healtheast.org](http://www.healtheast.org)