

## Myelogram

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

A **Myelogram** is a special way to look at your spine. This exam uses x-ray and a liquid contrast that is injected into your spinal canal. X-ray pictures are taken as the material moves into different areas of the spine. This exam will be performed by a radiologist (a doctor who specializes in reading x-rays). A radiologic technologist will assist the doctor. This exam usually takes 2 hours. You should plan on staying at least one hour after the exam. You will need to have someone drive you home and stay the night with you.

A CT (Computerized Tomography) usually follows this exam. This is called CT myelography. CT scans are usually done right after the contrast is injected.

**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 or taking blood thinners, coumadin or aspirin.
- Have a history of kidney problems or diabetes.

### Preparation

Please eat a light breakfast before 8:00am to ensure your comfort throughout the day.

### The Examination

For this exam, you will change your clothes and 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. At this time you will be asked to fill out a consent form before the procedure begins.

You will first lie on your stomach for the exam. The radiologist will clean an area on your back and inject a medication to numb the skin. A needle is placed into the spinal canal and a small amount of spinal fluid is removed. The contrast material is injected through the needle into the spinal canal. You will also be asked to roll from side to side and to hold your breath at certain times. After all the x-rays have been completed, the radiologist will remove the needle and the exam is completed.

A Computerized Tomography (CT) scan may follow.

**When the Exam Is Completed**

You will be asked to stay in the radiology department for at least an hour to make sure you are doing alright.

The radiologist will study and interpret the films and report the findings to your doctor. Your doctor will explain the results to you.

Before you leave, you will be given instructions to follow at home. Feel free to ask questions if something is not clear to you. 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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HealthEast Care Connection: 651/326-CARE (2273) · 1-866-326-CARE (toll free)  
· [www.healtheast.org](http://www.healtheast.org)