

# Care After a Myelogram

## Your Procedure

You had a myelogram, a detailed X-ray of your spinal cord, nerves and discs.

## Activity

- You will lie down for 60 minutes before you leave the hospital or clinic.
- You should have someone stay with you or be available to help you for 12 hours after the exam.
- Do not drive until tomorrow.
- Do not do any heavy activity or exercise for 24 hours. Stay as quiet as possible, resting for the remainder of the day. Stay in bed overnight with as little activity as possible.
- Do not lie flat. Raise your head with two pillows for 24 hours. This will reduce your chance of getting a headache. You may get up to use the bathroom and sit up to eat.
- Do not return to work until tomorrow.

## Food and Beverages

- Return to your normal diet. Follow any instructions your health care provider gave you.
- Drink up to four 8-ounce glasses of liquid in the 8 hours after the procedure, unless your health care provider gave you other directions.
- Do not drink alcoholic beverages for at least 24 hours after the procedure.

## Your Health Care Provider

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

## Pain Relief

- Take your normal medicines (including pain medicine). Follow any instructions your health care provider gave you.

## Site Care

- Bandages were placed over the injection site after the procedure.
- After 24 hours you may remove the bandage and take a shower.
- It is important to keep the site clean and dry.
- Do not swim or soak in a bathtub or hot tub for 1 week.

## Headache From the Myelogram

- The most common side effect is a headache. If you have a headache and if the headache gets better when you lie flat, you will need to rest flat in bed for 24 to 48 hours.
- If the headache is severe or does not get better after lying flat and drinking extra liquids for 24 hours, you may have a spinal leak. Call your health care provider or the facility where you had the procedure.

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## When To Call Your Health Care Provider

Call your health care provider if you have any of the following:

- nausea (upset stomach) with vomiting (throwing up)
- severe headache
- lethargy (sleepiness) or confusion
- redness or drainage at the puncture site
- chills or a temperature of 101 F or higher
- any questions or concerns.