



## GENERAL INFORMATION ABOUT MYELOGRAMS

This test provides important information about your spinal cord and the space surrounding it. Your doctor has ordered this test to help make an accurate diagnosis of your condition. The results help determine the best course of treatment for you.

### **What is it?**

The myelogram is a radiologic (x-ray) examination that is used to detect herniated discs, tumors, injuries, enlarged blood vessels, and other abnormalities, especially compression of the spinal cord. It is also used to evaluate problems in the spinal cord before surgery and to detect injuries to the nerve roots branching off the spinal cord.

### ***How to prepare for the myelogram: PLEASE BRING ANY X-RAY FILMS WITH YOU TO APPOINTMENT***

- **Arrive 1 hour and thirty minutes before your scheduled appointment to allow time for registration paperwork and pre-operative examination.**
- Leave all valuables at home. Wear loose-fitting clothes. Before the procedure starts, you will be asked to put on a hospital gown.
- If you suspect that you are pregnant, please notify the nurse immediately.
- If you are allergic to iodine, x-ray dye, please notify your Physician and/or Lake Pointe Hospital.
- If you have bleeding problems or if you are taking anti-coagulant drugs, please notify your Physician and/or Lake Pointe Hospital prior to your myelogram.
- If you are diabetic please notify your Physician and/or Lake Pointe Hospital prior to your myelogram.
- If you have a history of seizures or epilepsy and are taking medications for this, please notify your Physician and/or Lake Pointe Hospital prior to your myelogram.
- If you are taking any prescribed medications, please notify your Physician and/or Lake Pointe Hospital prior to exam so that we may give you specific instructions regarding your particular medicines.
- If you experience any changes in your health before your exam or the day of your exam, please notify your Physician and or Lake Pointe. Report even minor changes such as elevated temperature, cough, or cold.
- Do not eat or drink anything 6 hours prior to your test. An empty stomach will decrease the chance of becoming nauseated.
- Bathe or shower the morning of your test in order to help minimize the chance of infection.
- You must bring a family member or friend to drive you home.
- **You will be at our facility for approximately 1-4 hours after the procedure based off of the performing Radiologists discretion of your medical condition.**
- Upon discharge from the myelogram, the nurse will give you additional discharge instructions. If you have any questions regarding your myelogram, please feel free to call Lake Pointe Medical Center at 972-412-2273 ext.1215 or 1678.

### **Medications and your Myelogram**

Certain medications are contraindicated and should be withheld because they lower the seizure threshold. Seizure threshold is an uncommon complication. If you are on any medications that lower seizure threshold, please consult your physician in advance of the procedure. If you are taking any anti-depressant medications, e.g. phenothiazines, MAO inhibitors, tricyclic anti-depressants, Zyban (for smoking cessation), anti-psychotic medications, CNS stimulants, muscle relaxants, or any other medications, these should be stopped at least 48 hours before the procedure and resumed no earlier than 24 hours after the procedure. A nurse will call you before the procedure to check if you are on any of these medications and to give you instructions for the procedure. **Your Physician will decide if it is alright for you to stop these medications and how long they should be withheld.**

Sometimes, additional medication must be given at the time of the procedure. Take any of your medications that are not contraindicated on the day of the procedure. Do not have any caffeine or alcohol on the day of the procedure. On the day of the procedure, a nurse will take your vital signs and answer any questions you may have.

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### Contraindicated Medications for Myelogram

**Do not take 5 days prior to Myelogram:**

**Anti-Coagulants**

Warfarin - Coumadin  
Clopidogrel - Plavix  
Ticlopidine - Ticlid  
Heparin  
Aspirin (325mg and 81mg)

**Do not take 2 days prior to Myelogram if no renal function compromise; 5 days prior to Myelogram if history of renal function compromise or over 65:**

Pradaxa - Dabigatran Etexilate

**Do not take 48 hours prior and 24 post Myelogram**

**Anti-Depressants/Anti-Anxiety**

Doxepine-Adapin  
Amitriptyline-Elavil/Endep  
Amoxapine-Ascendin  
Clomipramine-Anafranil  
Nortriptyline-Aventyl  
Pamelor  
Desipramine-Norpramin  
Trazadone-Desyrel  
Doxepin-Sinequan  
Fluoxetine-Prozac  
Hydroxyzine-Vistaril/Atarax  
Imipramine-Tofranil  
Maprotiline-Ludiomil  
Nefazodone-Serzone  
Paroxetine-Paxil  
Protriptyline/Vivactil  
Sertraline-Zoloft  
Trimipramine-Surmontil  
Escitalopram-Lexapro  
Citalopram-Celexa  
Duloxetine-Cymbalta  
Bupropion  
Wellbutrin-Zyban

**CNS Stimulants**

Aminophylline  
Ammonia  
Amphetamine  
Caffeine  
Benzphetamine-Didrex  
  
Phendinetrazine-Bontril  
Pemoline-Cylert  
Dextroamphetamine-Dexedrine  
Diethylpropion-Tenuate  
Doxapram-Dopram  
Phentermine-Lonamin  
Mazindol-Sanorex  
Methylphenidate-Ritalin  
Amphetamine/  
Dextramphetamine-Adderall

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**Combination**

**Tranquilizer & Antidepressant**

Chlordiazepoxide &  
Amitriptyline-Limbitrol  
Perphenazine &  
Amitriptyline-Estrafon/Triavil

**MAO Inhibitors**

Furazolidone- Furoxone  
Isocaroxazide-Marplan  
Procarbazine- Matulane  
Phenelzine-Nardil  
Tranlycyomine- Parnate

**Antiemetics**

Prochlorperizine-Compazine  
Promethazine-Phenergan

**Major Tranzgers/Anti-Psychotics**

Aripiprazole-Ability  
Chlorpromazine-Thorazine  
Perphanaxine-Trilafon droperidoi-  
Inapsine  
Fluphenazine-Prolixin, Premiril  
Haloperidol- Haldol  
Loxapine-Loxitane  
Clonazepam-Klonopin Thioridazin  
e-Mellaril

**Do not take 1 day prior to Myelogram:**

Lovenox- Enoxaparin Sodium Injection **\*and do not take 4 hours after\***  
Effient-Prasgurel  
Eliquis-Apixaban  
Xarelto-Rivaroxaban

**Note:** This list is not exhaustive. Always notify your physician or the radiologist of all the medications that you are taking, including over-the-counter medications. If you have any questions concerning your medications, please notify your physician or pharmacist.

***PLEASE WITHHOLD 48 HOURS POST PROCEDURE:*** Diabetic Medications: Me(formin-Glucophage, combinations with meiformin: Avandamet, Metaglip, Glucovance Actoplus, Janumet

**How is it done?**

At the start of the procedure, you will be asked to lie face down on an x-ray table. You will receive a local anesthetic administered at the injection site to help decrease any discomfort you may experience during the exam. A needle is inserted into the numbed area and the doctor injects the contrast medium (dye). You may feel some pressure or mild discomfort. The needle is then removed and a Band-Aid is placed over the injection site. A series of x-rays will be taken while the table is slowly tilted in various positions. A CT scan of the area will be performed after the x-rays are completed. The whole procedure usually takes 45-60 minutes.

**What to expect after your myelogram:**

You must have a person with a valid driver's license to drive you home.  
You are advised to rest at home for 24 hours in a sitting or inclined position with your head elevated. Drink plenty of fluids (water, juice, Gatorade, etc.), at least 8 glasses in the 24 hours following your test

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