



Department of Radiology
Hospital of the University of Pennsylvania
34th & Spruce Sts.
Philadelphia, PA 19104

Patient Prep & Instruction Manual

Scheduled Test: Myelogram and CAT Scan

Date: _____

Time: _____

Where: Report to the Admissions Department on 1 Silverstein one hour prior to your scheduled appointment. From there you will be sent to the Radiology Reception Area on the Ground Floor of the Dulles building.

Purpose: Myelography is a very safe and effective means of visualizing your spinal cord and nerve roots.

Preparation: Do not eat anything after midnight the night before your procedure. We want you to be well hydrated so we encourage you to drink clear fluids up to and after your myelogram. Be sure to tell the doctor about any allergies you may have, especially to contrast dye or shellfish. Please bring any x-rays you may have at home with you to the Radiology Department when you come for your procedure. These include MRI's, CT scans and plain spine x-rays. Some medications you may be on must be stopped 48 hours prior to your myelogram, so it is very important that you let the doctor who is requesting the test know all medications that you are taking so that, if necessary, a medication may be temporarily stopped.

Procedure: The myelogram takes about an hour. When you get to the Genitourinary Radiology Department, the Radiologist will go over the consent form with you and answer any questions you may have. You will then lie on the exam table on your stomach. Your back will be cleaned with betadine antiseptic and then you will be given some numbing medicine on your skin. The needle will then be placed in your lower back under x-ray guidance. X-ray contrast is then injected into the spinal fluid space and x-rays are taken by tilting the table and changing the position of the x-ray tube. The needle is removed and from the myelogram room you go for a CAT scan. The same contrast is utilized for the cat scan and this gives the doctors more information than the myelogram alone. You will receive no more needles. From the cat scan area you will go back to the Genitourinary Radiology Department. The recovery time that you must stay at the Genitourinary Radiology Department is two hours after the end of the myelogram. Any

time spent in CAT scan goes towards the recovery period.

After Care: After the myelogram and CAT scan, you want to keep your head elevated for eight hours. This keeps the contrast in your lower back and there is less chance of any contrast complications, the most common being headache.

You can eat, and again, we encourage fluids to help flush the contrast out of your system. You may get up and walk to the bathroom but you should try to take it easy for the rest of the day.

You must have a responsible person drive you home. You may not drive yourself.

You can call your doctor the next day to get the results of your procedure.

Please call (215) 662-3015 to speak with a technologist if you have any questions about this exam.