

# Myelogram Discharge Instructions

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## What are my Care Instructions?

You received local anesthesia during your myelogram. As the anesthesia wears off, you may feel some pain and discomfort from your procedure. The area where your procedure was performed may be sore or bruised. If you have pain, don't be afraid to say so. Pain medicine works better if you take it before the pain gets bad.

Follow-up care is the key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems.

## How will I care for myself at home?

### Activity

- You may start taking tub baths and showers again 24 hours after your procedure.
- You need to rest in bed for 24 hours with your head elevated on at least one pillow, except to go to the bathroom or to eat a meal.
- For 24 hours after your procedure:
  - Avoid strenuous physical activity and bending at the waist
  - Try not to cough, sneeze, strain or make quick movements

### Diet

- You can eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, toast and yogurt
- Drink extra fluids, at least 1 cup of fluid every other hour until bedtime.

## **Medications**

- You can take your normal prescription medicines as your doctor has instructed you.
- If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine for your pain.

## **Special Instructions**

- You can remove the band aid from your procedure site 24 hours after your myelogram. If the band aid is soiled you may replace it.
- You will get test results from the doctor who ordered your radiology procedure 3-5 business days after your myelogram.
- You will receive follow up care from your doctor who ordered your myelogram.

## **When should I call for help?**

- Call 911 anytime if you have any of the following signs and symptoms:
  - shortness of breath
  - chest pains
  - Loss of consciousness - (if you passed out or fainted)

Call 911 anytime you think you need emergency care.

- Call the Radiology Nursing Station at 734-936-4515 between 8am and 5pm Monday through Friday, if you have any of the following signs and symptoms:
  - Fever (greater than 100.6°F)
  - Continuous vomiting
  - Severe headache or stiff neck
  - Redness, swelling, red streaking or pain at IV site or procedure site

- After hours and on weekends and holidays you can call the Interventional Radiologist on call at 734-936-6267.

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