MYELOGRAM INSTRUCTION SHEET

Location: MCV Main Hospital, 3rd floor Radiology

You have been scheduled for a CT-myelogram study. This will entail a spinal puncture and injection of dye into your lower back.

You can expect to be at the hospital for approximately 4-5 hours (the examination will take approximately 1 hour). **You will be required to have someone available to drive you home after the myelogram.**

PRIOR TO YOUR MYELOGRAM:

- Do not eat solid foods for at least 6 hours prior to the exam. (clear liquids are allowed)

- Drink extra fluids the day before the myelogram – especially water. Avoid drinks with caffeine such as cola and coffee.

Review your medications: Some medications must be discontinued prior to the myelogram. These include certain MAO inhibitors, antidepressants, pain medications, muscle relaxants, antipsychotics/tranquilizers and stimulants. **If these medications are not discontinued prior to the study, you will have to be rescheduled.**

An alphabetical list of medications to discontinue is provided ON THE NEXT PAGE. Be aware that some generic medications may not be listed as they go by a different name than some of the brand names listed. If you are unsure or if you have any questions about a specific medication, please call the office at (804) 828-9165.

Your doctor will schedule a follow up appointment or will call you to review the results of your test.

AFTER YOUR MYELOGRAM:

A possible side effect of the study is a post-myelogram headache. This can be avoided by following a few simple instructions.

- Rest for at least 24 hours after the myelogram study.
- Take time off for the day of and the day after the myelogram study.
- Drink plenty of fluids.

If you develop a headache, you should lay flat and call the office.
**DISCONTINUE 48 HOURS PRIOR TO STUDY***

Adapin
Amitriptyline
Amoxapine
Amphetamines
Anafranil
Asendin
Aventyl
Benzedrine
Chlorpromazine
Chlorprothixene
Clomipramine
Clozapine
Clozaril
Compazine
Darvon
Demerol
Desparamine
Desipramine
Doxepin
Droperidol
Elavil
Entafon
Eutonyl
Fentanyl
Fluoxetine
Fluphenazine
Fluvoxamine
Haldol
Haloperidol
Imipramine
Inapsine
Innovar
Largactil
Ludiomil
Manerix
Maprotiline
Mellaril
Meperidine
Methedrine
Methylphenidate
Moclobemide
Modecate
Moditen
Nardil
Navane
Nefazodone
Norpramin
Nortriptiline
Orap
Pamelor
Pargyline
Parnate
Paroxetine
Paxil
Pentazocine
Pertofrane
Phenelzine
Phenergan
Phenothiazine
Pimozide
Presamine
Prochlorperazine
Promazine
Promethazine
Propoxyphene
Protriptyline
Prozac
Risperdal
Risperidone
Ritalin
Sertraline
Serzone
Sinequan
Sparine
Stelazine
Stemetil
Sublimaze
Talwin
Thioridazine
Thiothixene
Thiorazine
Tofranil
Tofranil
Triadapin
Trifluoperazine
Triptil
Vivactyl
Welbutrin
Zoloft
Zyprexa

**DISCONTINUE 4 DAYS PRIOR TO STUDY***
Cyclobenzaprine
Flexeril

*If these medications are not discontinued prior to the study, you will have to be rescheduled

If you are taking Coumadin or Warfarin—CHECK WITH YOUR DOCTOR FOR SPECIFIC INSTRUCTIONS.

Glucophage must be discontinued for 48 hours AFTER the study.