

VCU Medical Center

Virginia Commonwealth University

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.

MCV Campus

Harold F. Young Neurosurgical Center

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DISCONTINUE 48 HOURS PRIOR TO STUDY*

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

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.