

## Myelogram

A **myelogram** is a test to check problems with your **spinal canal**, a tunnel-like structure in your spine that holds your spinal cord. A myelogram uses X-ray or computed tomography (CT) to create pictures of your spinal canal.

### Before Your Test

- Don't eat the morning of the test, but you can drink water or other clear fluids.
- If instructed, stop taking medications before the test.
- Arrange for someone to drive you home.



The exam table may be tilted during the x-ray.

### Tell the health care provider if you:

- Are pregnant or think you may be
- Have any bleeding problems
- Take blood thinners (anticoagulants) or other medications, including aspirin
- Have had back surgery or low-back pain
- Have any allergies

### During Your Test

- X-rays of your spine will be taken.
- Your lower back will be cleaned, covered with drapes, and injected with a numbing medication.
- Iodine based contrast will be injected into your spinal canal and a small amount of spinal fluid may be withdrawn.
- Additional x-rays will be taken.
- If you need a CT test, it will follow the x-rays.

### Call Your Doctor If:

- You have a headache that lasts 2 days or more
- You have a fever
- You have lasting pain in your back, or tingling in your groin or legs

### After Your Test

- Take it easy for the rest of the day, as advised.
- Lie down with your head raised, the longer you lie down the less likely you are to develop a severe headache.
- Drink plenty of water.
- Your doctor will discuss the test results with you during a follow-up appointment.