What is a Myelogram?
A myelogram is a procedure which involves injecting a contrast x-ray dye into the fluid that sits around your spinal cord, also known as cerebrospinal fluid.

A myelogram is performed to assess any suspected spine, spinal cord or nerve root abnormalities such as:
- Herniated discs
- Spinal stenosis
- Tumours
- Cysts
- Injury of the spinal nerve roots

This procedure is performed using x-ray guidance called fluoroscopy.

What to Bring:
Bring any relevant imaging scans (film packet or a CD containing X-rays, CT scans, ultrasound or MRIs etc.).

Preparation:
You may be required to have a blood test prior to your procedure to check your blood clotting levels.

Tell staff at the time of booking and when you attend your procedure if you have had a previous allergic reaction to an x-ray dye.

Arrange for someone to take you home after your procedure.

Eating/ drinking:
You may eat and drink prior to your procedure.

Medications:
Tell staff at the time of booking if you are taking any:
- Blood thinning medications (e.g. Warfarin, Xarelto, Rivaroxaban, Pradaxa, Apixaban, Eliquis),
- Antiplatelet medications (e.g. Clopidogrel, Plavix, Aspirin)

You will be informed if you need to stop taking these medications before your procedure.

Continue taking other medications as prescribed, unless directed otherwise by medical or nursing staff prior to your procedure.
Myelogram
Radiology Service

The doctor will explain the procedure and discuss with you the potential risks and you will be asked to sign a consent form.

During the procedure you will be lying on your left side with your knees bent up towards your chest. Your back will be cleaned with an antiseptic wash and local anaesthetic will be used to numb a small section of skin on your back. Using x-ray guidance, a fine needle is placed through the numb patch of skin into the cerebrospinal fluid. Samples of the cerebrospinal fluid will be taken and sent to pathology for testing if required. Contrast x-ray dye will then be injected into the cerebrospinal fluid. Once completed, the needle will be removed and a small dressing will be applied to the puncture site.

Post Procedure Care:
Depending on which section of the spine is being investigated, you may be required to lie flat for approximately 4 hrs. This allows the contrast time to surround the spinal cord and nerve roots. After this time you will either have a series of x-rays taken in the procedure room in different positions or you will go to CT periodically over the 4 hours for a series of scans.

Discharge
Generally, you will be able to go home after all of the images/scans have been taken, provided you have no other medical conditions or concerns that require further treatment.

You will be provided with an information sheet regarding discharge instructions upon completion of your procedure.

Results:
The results together with the procedure report will be sent to your referring doctor.

Return to your doctor to discuss examination results.

Radiation Risk
Most medical imaging tests, except MRI and ultrasound, involve exposure to radiation from X-rays. Your doctor considers that the benefits of the examination you require to be greater than the small risk posed by the radiation exposure.

Please advise us at the time of booking and/or at the time of your procedure, if you think you may be pregnant.

Contact information:
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References:
Inside Radiology:
The Royal Australian and New Zealand College of Radiologists®