

Care after your Myelogram



IH-III-41
R.D. 1/07
Pg. 1 of 2

Parkland
Patient Education

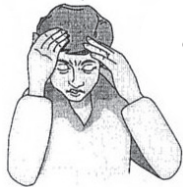
Here is what you should do to take care of yourself after your myelogram:

- **Do not do any heavy activity, such as lifting, for 48 hours (2 days).** You may go back to work the day after your myelogram if you feel all right. Do not do heavy work.

- **Drink plenty of fluids** (8-10 glasses of water, juices, colas, non- alcoholic liquids) for the next 24 hours. After your test it is OK to have drinks with caffeine.



- The first night after your test **sleep with your head up** on 2 to 3 pillows.



- **Headaches are common** and you may have one. Your headache may last for as long as a week. If you have a headache, take acetaminophen (Tylenol) or your prescribed pain medicine.

- **Rest.** Sometimes rest may help your headache.

- After the myelogram, you may be **sore at the place where the needle was put in.** This is normal.

- You have no stitches that need to be taken out. You can take the bandages off after 24 hours.



- Do not take a bath or shower for the next 24 hours.

- **No phenothiazine** (such as Phenergan, Compazine, Thorazine, Mellaril), or **tricyclic medicines** (such as Elavil or Tofranil) for 24 hours after the myelogram, otherwise keep on taking your usual medicines.

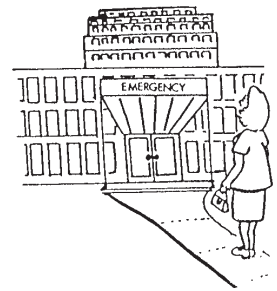


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Go to the Emergency Room right away if you have:

- **Trouble breathing**, or **shortness of breath**.
- **Pain** or cramping in your abdomen (belly).
- **Nausea** (feeling sick to your stomach) or **vomiting**.
- **Bleeding** (bright red blood) that doesn't stop from the place where the needle was put in. Till it is checked, have someone press on the place that is bleeding.
- **Pus** leaking out from where the needle was put in.
- **Pain** that will not stop at the place where the needle was put in. Some soreness and bruising is normal.
- **Swelling** or **redness** at the place where the needle was put in, or that place is very sore or hot to touch.
- A **headache** that is not helped by Tylenol or pain medicine.
- **Fever** over 101° Fahrenheit (38.3° Centigrade).

If you go to the Emergency Room tell the nurse that you have had a myelogram. Take this paper with you to show the nurse.



How will I find out the results of my test?



If you are in the hospital, the health care provider who ordered your test will tell you about your test results when they are ready. If you are a clinic patient your health care provider will tell you about your results at your next clinic appointment. Be sure to keep this important appointment. If you do not have a follow-up clinic appointment, call and schedule one with your health care provider.