

About Your Discogram



What is a Discogram?

A discogram is an X-ray test in which the doctor will put contrast dye (X-ray dye) into the spaces between the discs of your spine in your lower back. The dye will be put into the disc spaces in the part of your back that is having pain. This test will not make your pain better. This test helps your doctor decide which treatment is right for you. You will be awake during this test so you can let your doctor know what you are feeling.



If you are a patient staying in the hospital, your appointment will be made for you.

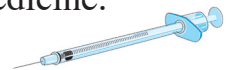
If you are a clinic patient, when you make the appointment for your test tell the clerk if :

- You are allergic to iodine, contrast dye (X-ray dye).
- You are pregnant or might be pregnant.
- You are taking any blood thinners, such as Aspirin, Coumadin (Warfarin), Clopidogrel bisulfate (Plavix) or Enoxaparin (Lovenox).
- You are taking any medicines on the “Hold List” which will be sent to you.

How should I get ready for this test?

On the day of your test:

- Take your usual heart and blood pressure medicines with small sips of water.
- If you have diabetes, **do not take your insulin or diabetes pill.** Bring your medicine. You can take it when the test is over.
- Do not drive. Plan to have someone bring you and take you home.
- Go to the Radiology Department, about 30 minutes before your appointment. Bring a photo ID and have your medical record number with you.



How will my test be done?

- You will need to change into a hospital gown.



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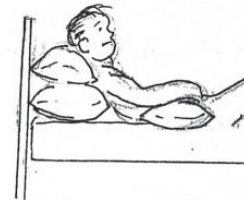
- The doctor will tell you about the discogram and its risks. After you understand about the test you will need to sign a consent form.
- The nurse will start an IV in a vein in your arm.
- You will be lying on your stomach on the X-ray table.



- The doctor will numb some places on the skin of your lower back.
- The doctor will put the X-ray dye into the discs of your spine in your lower back.
- When you are asked, tell the doctor where you feel pain, and if it is like the pain you have every day. It is very important to try to tell if the pain is like your normal pain or not. The discogram will take about an hour.
- You will have a CAT or CT Scan after your discogram.

What happens after my test?

- You will be in the X-ray recovery room for about 4 to 6 hours.
- You will be lying on the stretcher with your head propped up.
- The nurse will check on you till the doctor says you are ready to leave.
- You will be given lunch to eat while you are in the X-ray recovery room.



What should I do at home after the test?

- Stay in bed the rest of the day.
- Go back to your usual activities the next day.

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.