

Care After Your Discogram



You had a discogram today. Small bandages were put over the places where the needles were put in (needle insertion sites).

- For 12 to 24 hours after your test you should stay in bed except for getting up to go to the bathroom.

Go to the Emergency Room right away if you have:

- **Shortness of breath** or trouble breathing.
- **Bleeding** (bright red blood) that does not stop from any of the places where the needles were put in. Till you are checked in the Emergency Room have someone press on the place that is bleeding.
- **Pus draining** from any of the places where the needles were put in.
- **Fever** of more than 101° Fahrenheit (38.3° Centigrade) for 2 or more days.
- Any unusual **pain** that will not stop. But the places where the needles were put in will likely be sore for a few days after the test. Some bruising is normal.
- **Swelling or redness** at the places where the needles were put in, **or** if any of the places are very sore or hot to touch.
- **Pain or cramping** in your abdomen (belly).
- **Nausea** (feeling sick to your stomach) or **vomiting**.

If you go to the Emergency Room, tell the nurse that you have had a discogram. 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.