

Myelogram

A myelogram is an x-ray test to check your spinal cord and nerves. A small amount of radioactive dye is given for this test. The dye leaves your body after a few days.

If you have any allergies to medicines, foods or other things, tell the staff before the test.

If you are pregnant, or think you might be, tell the staff before the test.

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or leave alone.

Arrive on time for your test. The test takes about 1 hour.

To Prepare

- Do not eat or drink anything, including water, after midnight before the test.
- If you are to take your medicines the morning of the test, take them with sips of water only.

During the Test

- You will wear a hospital gown.
- You lie on a table on your stomach or your side.
- The doctor cleans part of your back. This may feel cold.
- Numbing medicine is put into the skin of your back.
- When the skin is numb, the doctor puts a needle in between the bones of your back. If you feel any pain, tell the doctor **where** and **how** it hurts.
- Some fluid is removed for testing.
- A small amount of dye is given through the needle so that the space around your spinal cord can be seen on x-ray.
- You are asked to turn slowly and the table moves.

脊髓 X 光照影

X 光照影是爲了檢查您的脊髓和神經。此檢查需給予少量放射性染料。染料幾天之後會從您的身體裡消失。

如果您對任何藥物、食物或其他物質敏感，請在試驗前告訴工作人員。

如果您已懷孕或認爲您可能懷孕，請在檢查之前告知醫療人員。

需要一位成年家庭成員或朋友和您一起來在檢查之後陪您回家。您獨自駕車來或離開不安全。

做檢查請准時到達。 檢查約需 1 個小時。

準備工作

- 在午夜之後檢查之前，不要吃喝任何東西，包括水。
- 如果您要在檢查的早晨服藥，請只小口飲水服藥。

檢查過程

- 您要穿一件醫院的袍子。
- 您俯身或側身躺在一張桌子上。
- 醫生清潔您背部的一部份。可能會有點冷。
- 在您的背部皮膚上塗麻藥。
- 皮膚麻木時，醫生將針刺入您的背部骨頭之間。如果您覺得有任何疼痛，告訴醫生疼痛**部位及程度**。
- 取一些液體用於檢查。
- 將用針給您的脊髓間週圍注入少許染料，以便 x 光看到。
- 您被要求慢慢轉身，桌子將會移動。

- X-rays are taken while you are in different positions.
- The needle is removed and a band-aid is placed over the spot.
- More x-rays are taken.

After the Test

- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety. You will need to lie down in the car.
- Lie in bed with your head up for the next 6-8 hours.
- Drink plenty of liquids to avoid a headache.
- For the next 24 hours:
 - An adult family member or friend should stay with you
 - Rest
 - Do not drive
- Test results are sent to your doctor. Your doctor will share the results with you.

Call your doctor **right away** if you:

- Have a severe headache
- Feel numb
- Lose feeling in your fingers or toes
- Are less alert or confused
- Have a seizure or convulsions
- Feel weak
- Vomit

- x 光在您不同的姿勢時照取。
- 針取出後，針刺部位會貼上傷口貼。
- 再做更多 x 光照影。

檢查之後

- 檢查期間給您服用的藥會使您困乏。爲了您的安全，您需要有一位成年家庭成員或朋友帶您回家。您需要在車中躺下。
- 頭抬起在床上隨後躺 6 – 8 個小時。
- 多喝流體以免頭痛。
- 在隨後的 24 小時：
 - 一位成年家庭成員或朋友應陪著您
 - 休息
 - 不要駕車
- 檢查結果將送交您的醫生。您的醫生會告知您結果。

如有以下情形，請**立刻**打電話給您的醫生：

- 有嚴重的頭痛
- 感覺麻木
- 手指或足趾麻木
- 不能保持警覺或意識糊塗
- 休克或抽搐
- 覺得虛弱
- 嘔吐

Also call your doctor if your needle site:

- Swells
- Feels warm or gets red
- Has bleeding that will not stop
- Leaks clear fluid

Talk to your doctor or nurse if you have any questions or concerns.

如果您的針刺部位有以下情形，也請打電話給您的醫生：

- 腫
- 覺得熱或發紅
- 流血不止
- 流清色液體

如果您有任何疑問或關注事項，請告知您的醫生或護士。

Myelogram. Traditional Chinese.

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