Myelogram

A myelogram is an x-ray test used to view the space around your spinal cord. It is done to check for problems affecting the spinal cord and nerves.

To Prepare

• Certain medicines may need to be stopped or changed for several days before this test. Tell your doctor about the medicines you take, including prescription and over the counter medicines, vitamins, minerals or other herbal supplements.

  ❑ If you are taking blood thinners, talk to your doctor about when you should stop taking the medicine before the test. These medicines include:

    ▶ aspirin, high dose
    ▶ clopidogrel (Plavix)
    ▶ enoxaparin (Lovenox)
    ▶ warfarin (Coumadin)

  ❑ If you have diabetes and take metformin (Glucophage) or any medicine with metformin in it:

    ▶ Stop the medicine the day before the test.
    ▶ Do not take the medicine for the first 2 days after the test.
    ▶ Restart the medicine on the third day after 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.

• Plan to be at the hospital for the test for up to 6 hours. The test will last about 1 hour. You may also have a computerized tomography (CT) scan after the myelogram.
骨髓造影

骨髓造影是用于查看您脊髓周围的 X 光检查。它用于检查是否存在影响脊髓和神经的问题。

準備工作

- 有些药物可能需要在检查前数天停止服用或进行更换。将您服用的药物告诉您的医生，包括处方和非处方药、维生素、矿物质或其他草药补充物。
  - 如果您正在服用血液稀释剂，询问您的医生是否应当在检查前停止服用这些药物。这些药物包括：
    - 高剂量阿司匹灵
    - 氯吡格雷（Plavix）
    - 依诺肝素（Lovenox）
    - 華法林（Coumadin）
  - 如果您患有糖尿病并服用二甲双胍（Glucophage）或其他包含二甲双胍的药物：
    - 检查前一天停止服用药物。
    - 检查后第 2 天请勿服用药物。
    - 检查后第 3 天恢复服用药物。
- 您需要一位成年家庭成员或朋友在检查后陪同您回家。独自驾车或离开不安全。
- 请安排在医院停留最多 6 小时以进行检查。检查将持续大约 1 小时。您可能还需要在骨髓造影后接受电脑断层（CT）扫描。
The Day of the Test

- **Do not** eat or drink anything for 4 hours before the time of your test.
- Take your regular medicines, except for blood thinners and metformin, with a sip of water.
- Wear comfortable, loose clothing without snaps or zippers for the test. Do not wear jewelry. This includes watches, wedding bands, and any form of body piercings.
- **Tell the staff if you have ever had a reaction to the contrast medicine used for this test.**
- If you are **pregnant** or **think you may be pregnant**, tell the staff before the test.

During the Test

- You will wear a hospital gown.
- You lie on a table on your stomach.
- 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 spinal fluid is removed for testing.
- Contrast medicine is then given through the needle into your back. It allows the area around your spine to be seen using x-rays.
- The x-ray table will move, and you may be asked to move into different positions at times. Try not to move while the x-rays are being taken.
- At the end of the test, the needle is removed and a band-aid placed over the site.
- Test results are sent to your doctor. Your doctor will share the results with you.
檢查當天

- 檢查開始前4小時請勿進食或飲水。
- 用一小口水正常服藥（血液稀釋藥和二甲雙胍除外）。
- 檢查時穿著舒適、寬鬆，無搭扣或拉鍊。請勿佩戴首飾，包括手錶、結婚戒指和任何需身體穿孔才能佩戴的首飾。
- 告訴醫療人員您是否曾經對本檢查使用的顯影劑產生過敏反應。
- 如果您是孕婦，或者認為您可能懷孕了，請在檢查前告知醫療人員。

檢查期間事宜

- 您將需要穿上病人衣服。
- 俯臥在掃描臺上。
- 醫生清潔您的後背。您有可能會感覺到涼意。
- 在您後背皮膚上注射麻藥。
- 當皮膚麻木時，醫生在您後背的骨頭之間插入針頭。如果您感覺到任何疼痛，請告知醫生疼痛的部位與程度。
- 取出一些脊液以供檢查。
- 透過針頭向您的後背注射顯影劑。這將使您脊髓周圍在x光下可見。
- x光掃描台會移動，並且您會被要求變換身體位置數次。接受x光檢查時儘量不要動。
- 檢查結束時，將取出針頭並在針眼處貼上創可貼。
- 檢查結果會發送給您的醫生。您的醫生將會把結果告知您。
The CT Scan

You may have a CT scan right after the myelogram. When your CT scan is done, you will be taken to a recovery area.

• The CT scan is an x-ray test with a scanner that shows pictures of your body.
• You may be asked to hold your breath while the pictures are being taken, based on the part of your body being scanned.
• During the test, your vital signs will be taken and you will be asked some questions.

After the Tests

• For your safety, you must stay in the hospital for 2 hours after your tests. You will be checked often during this time.
• You will need to lie in bed with your head up for 6 to 8 hours.
• Drink 8 to 10 glasses of liquids over the next 24 hours to replace the fluid removed during the test. Water and caffeinated beverages such as cola, tea and coffee are best. This will reduce the chance of a headache and help to remove the contrast from your body.
• If you get a headache, take a non-prescription pain reliever such as acetaminophen (Tylenol) or ibuprofen (Advil, Motrin).
• Have a family member or friend stay with you for the next 24 hours.
• When you are home, rest and limit your activity. Do not drive or do physical activity for 24 hours.

Call your doctor right away if you have:

• A severe headache
• Numbness
• Loss of feeling or motion in your legs or arms
• Confusion or less alertness
• Swelling, warmth or redness at the needle site
CT Scan

You may need to have a CT scan immediately after a myelogram. When the CT scan is finished, you will be taken to the recovery area.

- CT scan is a X-ray examination using a scanner, which can display images of your body.
- When taking images, you may be asked to hold your breath, depending on the part of your body being scanned.
- During the examination, your important vital signs will be monitored and you will be asked some questions.

Afterwards

- For your safety, you must stay in the hospital for 2 hours after the examination. During this time, you will be frequently checked.
- You need to lie down for 6 to 8 hours, with your head elevated.
- In the following 24 hours, you need to drink 8 to 10 cups of liquid to replenish the water lost during the examination. Water and coffee-containing beverages (like Cola, tea, and coffee) are best. This will reduce the risk of headaches and help to eliminate the contrast material.
- If you experience headache, take a non-prescription pain reliever, such as Tylenol (Acetaminophen) or Advil, Motrin.
- After the 24 hours, you need a family member or friend to accompany you.
- After you return home, please rest and control your activities. Do not drive or engage in physical activities for 24 hours.

If any of the following occur, call your doctor immediately:

- Severe headache
- Paralysis
- Loss of leg or arm function
- Confusion or decreased alertness
- Swelling, redness, or warmth at the injection site
• Bleeding that will not stop at the needle site
• Drainage of clear fluid at the needle site
• Seizure or convulsions
• Weakness
• Vomiting that will not stop

If your doctor is not available and you are having problems, visit your nearest emergency department.

Talk to your doctor or nurse if you have any questions or concerns.
• 扎針部位出血不止
• 扎針部位流出透明液體
• 中風或抽搐
• 虛弱
• 嘔吐不止

如果您出現這些問題而又無法聯絡到您的醫生，請前往離您最近的急診室就診。

如有任何疑問或擔心，請告訴醫生或護士。