



**The Leeds
Teaching Hospitals**
NHS Trust

Having a Myelogram

Information for patients



Leeds
Radiology

What is a myelogram?

A myelogram is an x-ray of the spinal cord and the nerves around it, involving an injection of x-ray contrast (x-ray dye). The procedure is undertaken with you lying on your side on an x-ray table with your knees drawn up towards your chest. Your back will be cleaned and a local anaesthetic may be used to numb the area. X-rays are used to guide the needle to the correct position then contrast is injected into the space around the spinal cord and the nerve roots. Once the needle is withdrawn you are required to move into different positions to encourage the movement of the contrast. At this point you are taken to the CT scanner for a scan of your back to obtain more detailed images. You are then required to rest in the department for 60 minutes so we can make sure you are feeling okay.

Who performs the test?

The test is performed by a team of healthcare professionals which may include a radiographer, an advanced radiographer practitioner / specialist radiographer, an assistant and a radiologist.

How do I prepare for the test?

If you are on Warfarin or any blood thinning medication, please contact us promptly on: **0113 392 3768**. You do not need to prepare in advance for this test. You may continue to eat and drink. Do not stop taking vital medicines (for example heart drugs, steroids, diuretics / water tablets).

What should I bring with me?

You will be required to change into a gown for this examination. We will provide you with a gown, but you may wish to bring your own dressing gown. Please do not bring large sums of money or items of value with you. Unfortunately we are unable to provide any childcare so please make alternative arrangements if necessary.

How long will I be in the department?

The procedure will take approximately 2-3 hours but you will be required to stay in the department for a further hour. Although we strive to keep to your appointment time, occasionally there may be a delay due to emergency patients.

Are there any side-effects?

Radiation

This procedure involves x-rays. Female patients who are, or might be pregnant **must** inform a member of staff in advance.

The amount of radiation used is more than an ordinary x-ray of the chest or body and is equal to the natural radiation we receive from the atmosphere over a period of approximately two years. The risk from this radiation dose is very low.

Allergic reaction

Some patients may be allergic to the x-ray dye or medicines we give you. This is very rare. If you have any allergies please tell the member of staff who is performing your examination, at the start of the examination.

Do you ever fail to complete the examination?

This is a safe examination that is usually successful. If, for any reason, we are unable to perform the examination we will inform your doctor who will discuss the alternatives with you.

Despite these small risks your doctor believes it is beneficial for you to have this examination. Do bear in mind that there are greater risks from missing a serious disorder by not having the examination.

How will I feel following the test?

You will need to have someone with transport to take you home as you must not drive yourself. You will also need someone to stay with you for the following 24 hours. If this is not possible please contact the department. If you experience a headache after the test, you may take pain relief and lay down for 30 minutes.

How will I get my results?

You will not be given your results on the day. The results will be sent to your GP (if they referred you for the test. If so you must make an appointment to see them). If you have been referred by a hospital consultant / specialist then you will be sent an appointment to attend the relevant clinic or contacted by letter with the results.



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