

Myelogram



UHN

Instructions for patients who are going home after a Myelogram test

Reminders:

- Do not drive for 24 hours after the myelogram.
- Do not lie flat or let your head be lower than the rest of your body for the first 24 hours after the test. Use 2 or 3 pillows to support your head and shoulders to sleep.
- Have someone take you home after your test.
- Rest for the first day. You can do your normal activities again the next day.
- Ask your doctor when you can start taking your medications again.
- Call your doctor to book a follow-up appointment to talk about the results of your myelogram.

Watch for these symptoms after the test:

- Headache
- Unsettled stomach (nausea)
- Vomiting
- Weakness in the legs, arms and eye muscles.

These symptoms are normal. They usually go away after 24 hours. If they continue or are severe, call your doctor or go to the nearest Emergency Department.

Call your doctor or go to the nearest Emergency Department if you notice:

- Fever (101 degrees Fahrenheit or 38 Celsius or higher)
- Stiff neck
- Worsening headache
- Increase in weakness

If you have any problems or questions call _____ Monday to Friday, 8:00am to 4:00pm.

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