

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.

Raajada Xangullada Dhabarka (Myelogram)

Raajada xangulada dhabarka waa baaritaan raajo oo la isticmaalo si loo fiiriyo agagaarka xangulada dhabarka. Waxa loo sameeyaa si loo eego wax dhibaatooyin ah oo saameynaya xangulada iyo dareemeyaasha.

Si aad isu diyaarisid

- Waxa loo baahan karaa in la joojiyo ama la beddelo dawooyinka qaarkood dhawr maalmood ka hor baadhitaanka. U sheeg dhakhtarkaaga dawooyinka aad qaadatid, oo uu ku jiro dawooyinka dhakhtar kuu qoray iyo kuwa aad waraaq la'aan iibsatay, fitamiinada, macdanaha ama kaabisyo dhir oo kale.
 - ❑ **Haddii aad qaadatid khafiifiyeyaal dhiig**, dhakhtarkaaga kala hadal goorta la rabo inaad joojisid dawada ka hor baadhitaanka. Dawooyinkaas waxa ku jira:
 - ▶ asbiriin, qadar qaadasho oo sareeya
 - ▶ clopidogrel (Plavix)
 - ▶ enoxaparin (Lovenox)
 - ▶ warfarin (Coumadin)
 - ❑ **Haddii aad qabtid sonkor/sonkorow ama macaan oo aad qaadatid metformin (Glucophage) ama dawo kale oo uu ku jiro metformin:**
 - ▶ Jooji dawada aad qaadatid maalinta ka horeysa baadhitaanka.
 - ▶ Ha qaadan dawada 2 maalmood ka dib baadhitaanka.
 - ▶ Dib u bilaw dawada maalinta saddexaad ka dib baadhitaanka.

- 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.

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.

- Waxa loo baahan yahay in qof weyn oo ah qoyska ama saaxiib uu ku soo raaco si uu kuu geeyo guriga ka dib baadhitaanka. Amaan kuuma aha inaad baabuur wadid ama kaligaa baxdid.
- Ku talagal inaad baadhitaanka cisbitaalka u joogtid ilaa 6 saacadood. Baadhitaanku waxa uu socon doonaa 1 saac. Waxa kale oo aad laga qaadi doonaa sawir kombiyuutar adeegsanaya (computerized tomography) (CT) ka dib baadhitaanka xangulada.

Maalinta Baadhitaanka

- **Wax ha** cunin ama cabin afar saacadood ka hor wakhtiga baadhitaankaaga.
- Kabasho biyo ah ku qaado dawooyinkaaga caadiga ah, marka laga reebo dhiig khafiifiyayaasha iyo metformin.
- Soo xidho dhar nafis ah oo aan kugu dhegsanayn oo aan lahayn siib marka aad imanaysid baadhitaanka. Ha soo xidhan alaab qurux sida dahab. Waxa tan ku jira saacadaha, fargalada guurka, iyo nooc kasta oo ah wax la galiyo meel jidhka laga dalooliyay.
- **U sheeg shaqaalaha haddii abidkaa aad xasaasiyad/alerji ama diidmo u yeelatay dawada cadeeyaha (contrast) ee lagu isticmaalayo baadhitaankan.**
- Haddii aad **uur** leedahay ama **u maleynaysid inaad uur leedahay**, u sheeg shaqaalaha ka hor baadhitaanka.

Waqtiga Baaritaanka

- Waxaad xiran doontaa goonnada isbitaalka.
- Waxaad caloosha ugu seexan doontaa miis.
- Takhtarku wuxuu nadiifin doonaa qayb ka mid ah dhabarkaaga. Waxaa laga yaabaa in aad tan qabow ka dareento.
- Daawo kabuubiso ayaa maqaarka dhabarkaaga lagaaga durayaa.
- Marka uu maqaarku kabuubyoodo, takhtarku wuxuu cirbad gelinayaa inta u dhexeysa lafaha dhabarkaaga. Haddii aad wax xanuun ah dareento, takhtarka u sheeg **meesha** iyo **sida** ay kuu xanuuneyso.

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- 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.

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.

- Xoogaa ah dheecaan xangulo ayaa baaritaanka loo soo qaadayaa.
- Dawada cadeeyaha waxa lagugu siin doonaa irbad la galinayo dhabarkaaga. Waxay oggalaanaysaa in aagga ku hareeraysan xanguladaada lagu arko shucaaca raajada.
- Miiska raajadu wuu dhaqaaqi doona, waxana lagu weydiisan doonaa inaad isu dhaqaajisid meelo kala duwan wakhtiyaga qaarkood. Isku day in aanad dhaqaaqin marka la qaadayo raajada.
- Dhamaadka baadhitaanka, waxa lagaa saari doonaa irbadda waxana faashad la saari doonaa goobta.
- Natiijooyinka waxa loo diri doonaa dhakhtarkaaga. Dhakhtarkaaga ayaa kula wadaagi doona natiijooyinka.

Sawirka CT

Waxa laga yaabaa in lagaa qaado sawir CT isla ka dib baadhitaanka xangulada (myelogram). Marka lagaa qaado sawirka CT, waxa lagu geyn doonaa aagga raysashada.

- Sawirka CT waa baadhitaan raajo oo leh sawire muujinaya sawirada jidhkaaga.
- Waxa laga yaabaa in lagu weydiisto inaad isku xejisid neefta marka la qaadayo sawirada, taasoo ku xidhan qaybta jidhkaaga ee la sawirayo.
- Inta lagu jiro baadhitaanka, waxa la cabiri doonaa calaamadahaaga nolosha ee muhiimka ah waxana lagu weydiin doonaa xoogaa su'aalo ah.

Baaritaanada ka Dib

- Amaankaaga daraadii, waa inaad joogtid cisbitaalka 2 saacadood ka dib baaadhitaanada. Marrar badan ayaa lagu fiirin doonaa wakhtigaas.
- Waxa aad u baahan doontaa inaad jiiftid sariirta iyada oo madaxaagu sareeyo mudo ah 6 ilaa 8 saacadood.

- 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
- 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.

- Cab 8 ilaa 10 koob oo ah cabitaano inta lagu jiro 24-ka saac ee ku xiga si beddel loogu helo dareeraha la saaray intii uu socday baadhitaanku. Biyaha iyo cabitaanada leh kafinta sida cola, shaah iyo kafee ayaa ugu fiican. Taasi waxay yareyn doontaa suurtoogalka madax-xanuun kugu dhaca waxana ay gargaar ka geysan doontaa in cadeeyuhu (contrast) ka baxo jidhkaaga.
- Haddii uu kugu dhaco madax-xanuun, qaado dawo xanuun oo la soo iibsan karo waraaq la’aan sida acetaminophen (Tylenol) ama ibuprofen (Advil, Motrin).
- Qof qoyska ka tirsan ama saaxiib ha kula joogo 24-ka saac ee ku xiga.
- Marka aad guriga joogtid, naso oo yaree hawlahaaga. Ha wadin baabuur ama ha qaban hawl xoog u baahan mudo ah 24 saac.

Wac dhakhtarkaaga isla markiiba haddii aad qabtid:

- Madax-xanuun daran
- Kabuubyo
- Lumis dareen ama dhaqaaq oo ah lugahaaga ama cududahaaga
- Dawakh ama feejignaanta oo yaraata
- Barar, diirimaad ama casaan ah goobta irbadda
- Dhiig-bax aan joogsanayn oo ah goobta irbadda
- Dheecaan cad oo ka socda goobta irbadda
- Suuxid ama gariir/jareys
- Tamar-dari
- Matag aan joogsanayn

Haddii dhakhtarkaaga aan la heli karin oo aad qabtid dhibaatooyin tag waaxda degdegga ee kuugu dhow.

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

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**La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo
ama walaac ah qabtid.**

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