

# 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

骨髓造影是用於查看您脊髓周圍的 X 光檢查。它用於檢查是否存在影響脊髓和神經的問題。

## 準備工作

- 某些藥物可能需要在檢查前數天停止服用或進行更換。將您服用的藥物告訴您的醫生，包括處方和非處方藥、維生素、礦物質或其他草藥補充物。
  - 如果您正在服用血液稀釋藥，詢問您的醫生是否應當在檢查前停止服用這些藥物。這些藥物包括：
    - ▶ 高劑量阿斯匹靈
    - ▶ 氯吡格雷 (Plavix)
    - ▶ 依諾肝素 (Lovenox)
    - ▶ 華法林 (Coumadin)
  - 如果您患有糖尿病並服用二甲雙胍 (Glucophage) 或任何包含二甲雙胍的藥物：
    - ▶ 檢查前一天停止服用藥物。
    - ▶ 檢查後前 2 天請勿服用藥物。
    - ▶ 檢查後第 3 天恢復服用藥物。
- 您需要一位成年家庭成員或朋友在檢查後陪同您回家。獨自駕車或離開不安全。
- 請安排在醫院停留最多 6 小時以進行檢查。檢查將持續大約 1 小時。您可能還需要在骨髓造影後接受電腦斷層 (CT) 掃描。

## 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，無搭扣或拉鏈。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 掃描

您可能需要在脊髓造影後立即接受 CT 掃描。當 CT 掃描結束時，您將被帶至恢復區。

- CT 掃描是一項使用掃描器的X光檢查，可以顯示您身體的圖像。
- 當拍攝圖像時，可能要求您屏住呼吸，具體取決於您身體被掃描的部份。
- 檢查期間將監測您的重要體徵並向您詢問一些問題。

## 檢查後

- 爲了您的安全，檢查後您必須在醫院停留 2 小時。在此期間，將經常對您進行查看。
- 您需要臥床 6 到 8 小時，頭部墊高。
- 在隨後的 24 小時內，您需要飲用 8 到 10 杯液體以補充檢查期間失去的水份。水和含有咖啡因的飲料（如可樂、茶和咖啡）最佳。這將降低發生頭痛的可能性並有助於排除體內的顯影劑。
- 如果您發生頭痛，服用一片非處方止痛藥，如對乙氨基酚（Tylenol）或布洛芬（Advil、Motrin）。
- 隨後的 24 小時中，您需要一位家庭成員或朋友陪著您。
- 當您回家後，請休息並控制活動量。24 小時內請勿駕駛或從事體育活動。

如果出現以下情形，立即致電您的醫生：

- 劇烈頭痛
- 麻痺
- 腿或手沒有知覺或活動能力喪失
- 意識模糊或警覺性降低
- 扎針部位腫脹、發熱或發紅

- 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。

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