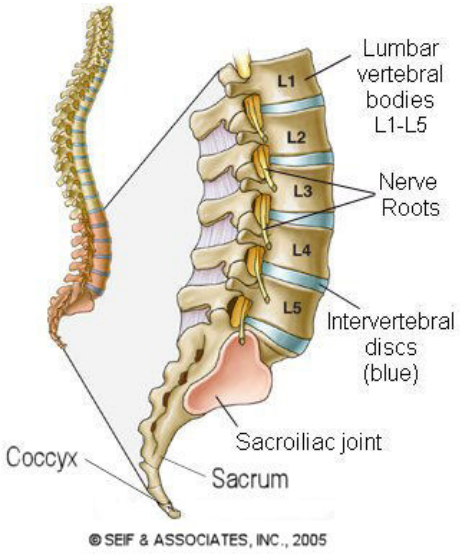
Myelogram
Care After

HOME CARE

- Rest for the remainder of the day. Sit in a reclining chair or place yourself upright in bed. It is important to keep your head high (*elevated*). **Do not** lie flat in bed for the first night.
- Drink plenty of fluids (water, juices, colas, non- alcoholic drinks) for the next 24 hours. It is okay to have drinks with caffeine.
- **Do not** do any heavy activity, such as lifting, for 48 hours (2 days). You may go back to work the day after your myelogram if you feel okay. **Do not** do heavy work.
- After the myelogram, you may be sore at the place where the needle was put in. This is normal.
- You have no stitches that need to be taken out. You can take the bandage off the day after your myelogram.
- **Do not** take a bath for the next 24 hours. Ask you doctor if it is okay to take a shower.



GET HELP RIGHT AWAY IF YOU HAVE:

- Bleeding (bright red blood) that does not stop from the place where the needle was put in. Until it is checked, have someone press on the place that is bleeding.
- Swelling, redness or very bad pain at the place where the needle was put in.
- Yellow drainage coming from where the needle was put in.
- A headache that is not helped by medicine or does not go away.
- Trouble breathing or shortness of breath.
- Nausea (feeling sick to your stomach) or throw up.
- Pain or cramping in your belly (*abdomen*).
- Fever over 101° F (38.3º C).

If you go to the Emergency Room for the above problems, tell the doctor you had a myelogram. Take this paper with you to show the doctor.

HOW WILL I FIND OUT THE RESULTS OF MY TEST?

- The doctor will tell you your test results at your next clinic appointment.
- If you do not have an appointment scheduled, call to make an appointment. **Do not** assume everything is normal if you have not heard from your doctor. Follow up with your results.

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