Myelogram or Lumbar Puncture Discharge Instructions

A myelogram uses x-rays, a CT scan, or both to take pictures of your spine. It takes 1-2 hours. A lumbar puncture is a needle that is inserted into your lower spine. Check with your doctor for results.

Diet & Activity:
- Return to your regular diet.
- **Drink 8 glasses of water a day.** This will lower your risk of getting a headache.
- Lay as flat as possible the rest of the day.
- Do not sit up or stand up quickly as you may get dizzy.
- Talk to your doctor before you exercise.
- Do not drive for 24 hours.
- No heavy lifting for 48 hours.
- Do not return to work until you speak with your doctor.

Medicines:
- Take your regular medicines.
- If any of your regular medicines were stopped for this procedure, start taking them again tomorrow.
- If you take pain medication, do not drive, use heavy machinery or drink alcohol.

Call the doctor or 911 if you have:
- Nausea or vomiting
- Fever greater than 101 degrees
- Trouble breathing
- Bleeding or drainage from the puncture site
- Pain (headache) not relieved by rest, acetaminophen or ibuprofen
- New pain in your neck and back
- Tingling or numbness below your waist that is new or worse

Wound care:
- Check the puncture site for drainage. If you see drainage, apply pressure to the area and call your doctor right away.
- Watch the wound for signs of infection such as pain, swelling, redness or foul odor. If you see any of these signs, call your doctor.
- Remove the bandage in 24 hours.

Additional instructions:__________________________________________________________________________________________

__________________________________________________________________________________________

Call for a follow-up visit with Dr. ________________________________.

I have read (or had read to me) and fully understand the above instructions.

____________________  ______________________  ______________________
Patient or Responsible Person  Registered Nurse  Date/Time

Please explain this information back to your healthcare provider so we know you understand. We want you to ask us any questions!

3/2014