

DISCHARGE INSTRUCTIONS FOR MYELOGRAM PATIENTS

ACTIVITY: Once you are at home, we encourage you to lie down for a few more hours (2-3) with your head elevated (one thin pillow under your head). You can get up to use the bathroom. If you are feeling OK after that, you can resume with limited activities - no lifting greater than 10 pounds. Please do not do anything too strenuous.

DIET: Resume normal diet. Increase fluid intake for the next 24 hours.

CARE OF PUNCTURE SITE: Keep puncture site clean and dry. You may remove the band-aid and shower in 24 hours. Any increased drainage from the puncture site, please notify your physician.

MEDICATIONS: Continue medications as ordered prior to procedure. Do not drive or operate machinery while taking prescribed pain medications.

PAIN: If a headache develops, lay flat and continue to drink lots of fluids. If the headache increases in severity, please notify your physician.

If you feel you have a problem or question related to the myelogram procedure, please call as directed below:

- 1. Oregon Imaging Centers: (541) 687-7134. Normal business hours are Monday – Friday 7:30am-5pm. Please ask to speak to the nurse. Oregon Imaging Centers nurse is available from 7:30am-4pm.***
- 2. If after normal business hours, please call the Radiology Department at Sacred Heart Medical Center: 541-686-6827. Ask to speak to the Radiologist “on call”. A Radiologist is available 24 hours a day.***