

DISCHARGE INSTRUCTIONS

MYELOGRAM

Outpatient Home Instructions: To help prevent any post-myelogram symptoms such as a headache, follow these instructions for 24 hours.

- ___ Rest quietly remainder of day. Do not drive today. Have someone available to drive you home. You may resume normal activities tomorrow.
- ___ It is important to keep your head elevated at all times for 24 hours following your myelogram. **DO NOT LIE FLAT OR ALLOW YOUR HEAD TO BE LOWER THAN THE REST OF YOUR BODY FOR 24 HOURS.**
- ___ You may resume a normal diet after the procedure. Drink extra fluids today – a minimum of one (1) cup every hour for the next 8 hours. Avoid alcohol for 3 days.
- ___ Weakness in the arms, legs or eye muscles can occur following a myelogram. This will subside within 24 hours.
- ___ If you do develop a headache, you may take Tylenol 325 mg – 2 tabs every 6 hours as needed.
- ___ The results of your myelogram will be sent to your physician the day of the procedure.
- ___ For any questions or concerns after you arrive home, please call the Radiology Department at (828) 452-8153 or (828) 452-8390.

The discharge instructions have been explained to the patient. The patient or the person responsible fully understand these instructions.

Patient or Authorized Person's Signature: _____ **Date/Time:** _____

Physician or Provider: _____ **Date/Time:** _____

**MEDWEST HAYWOOD
DISCHARGE INSTRUCTIONS
MYELOGRAM**

RAD066 (08/31/10)



DOB:

AGE: