

## **Contrast examination of the spinal canal, i.e. Myelography**

You are coming in for computed tomography-guided myelography.

### **How to prepare for the procedure?**

- The procedure requires both rest and post-monitoring, therefore a place is reserved for you in the ward.
- You must fast from food and drink from the morning of the day of the procedure.
- Anticoagulant medication will be paused according to separate instructions provided by the referring clinic or ward. Patients with a heart valve prosthesis or another absolute medical reason should not stop taking their anticoagulant medication.
- Blood tests are taken before the procedure. You will receive instructions on this from the department.
- Jewellery and watches should be removed before coming to the procedure.

If you are or think you may be pregnant, please inform the performing Radiology unit before the examination.

### **How is the procedure done?**

Throughout the procedure it is important for you to keep absolutely still on the x-ray table. The examination position is designed to be as comfortable as possible.

After washing and anesthetizing the skin, the Radiologist injects contrast agent into the spinal canal. After applying the contrast agent, your position will be changed according to the instructions of the Radiographer, so that the contrast agent travels to the area of interest. After this, a computed tomography scan is performed, where cross-sectional images are taken of the spine area.

### **How long does the procedure take?**

The procedure takes altogether 30-60 minutes.

### **What about after the procedure?**

You will be transported in a supine position to the ward for post-monitoring. Bed rest is required after the procedure for 6 hours, however you can eat and drink in bed with your head raised.

### **Where do you get the results from the procedure?**

The referring outpatient clinic is responsible for communicating the results and possible follow-up of the examination to you.