

# Myelogram



Your child has been scheduled for a myelogram in the Imaging (Radiology) department at Children's Wisconsin Hospital in Milwaukee on \_\_\_\_\_ (date) at \_\_\_\_\_ (time).

## Purpose

A myelogram is a special x-ray that is done to check the spinal cord and nerves.

## Special directions

- A parent must sign a paper that gives the doctor permission to do the test.
- It is important that your child hold very still for this test. If it is hard for your child to hold still, your child may be given medicine to make them sleepy.
- Your child should not eat or drink anything before the test. Follow the guide below.

What to stop	When to stop
<input type="checkbox"/> Solid food or whole milk	Stop 8 hours before the scan.
<input type="checkbox"/> Formula	Stop 6 hours before the scan.
<input type="checkbox"/> Breast milk	Stop 4 hours before the scan.
<input type="checkbox"/> Clear liquids	Stop 2 hours before the scan.

## How the procedure is done

X-rays of your child's back will be taken. After the x-rays are taken, your child's back will be washed with a special soap. Towels will then be put on your child's back. The doctor will wear gloves during the myelogram to keep everything very clean. An x-ray camera will be used to find the best place on your child's back to do the test. The doctor will watch the pictures of your child's spine on a TV screen.

- The doctor will give your child medicine to take away the feeling of the spot where the test will be done. Your child will feel a poke as a tiny needle goes in. The numbing medicine will sting for a few seconds. Once the medicine is working, the doctor will put a special needle in the space between two bones in your child's spine. This is called a lumbar puncture. Your child may feel some pressure. There may be some pain.
- The doctor will take a small amount of spinal fluid to send to the lab for tests. Then a special liquid, called contrast, will be put in your child's spine. The x-rays show this contrast inside your child's spine. The needle is taken out and a Band-Aid® is put on your child's back. More x-rays may be taken.
- This test takes about one hour.



### What are some of the risks?

- Rarely, your child may have a headache after the test.
- Rarely, injecting into the spine can cause infection.
- Rarely, bleeding may happen where the needle went in.

### Follow-up care

- Your child should **not** lay flat for 6 to 8 hours after the test. Your child should keep their head up 30 degrees. You will be shown how high this is before you go home. This will help keep your child from getting a headache after the test.
- Your child should do quiet activities for the rest of the day. Have your child watch TV, read books, etc.
- If your child was given medicine to help hold still, they will be able to leave when awake. Your child may be sleepy for a few hours after this test is done. Do not offer anything to eat or drink until your child is awake enough to ask for something to eat. Then your child can eat as normal.
- The doctor or nurse will tell you how to care for your child at home.
- After the test is done, it is normal for your child to have a headache or have pain at the injection site.

### Test results

The radiologist will look at all of the x-rays. A report will be sent to your child's doctor. If there are any questions, the radiologist may contact you before you leave the hospital. Your child's doctor will talk with you and your family about the results.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**