

# CT Myelogram preparation sheet

You will need...

- To be NPO after midnight which for this particular study means **NO SOLIDS** after midnight but clear fluids are encouraged to hydrate as stated below.
- To bring a list of your current medications and drug allergies. A detailed medication list has been provided to your doctor explaining which medications are contraindicated and should be withheld if scheduled for a CT Myelogram.
- Someone to drive you home.
- A responsible adult to stay with you for the remainder of the afternoon once you have been discharged.
- To force clear liquids the day **before** exam and **after** exam.
- To drink at least 16 oz. of clear fluids before your exam to be well hydrated. We cannot stress how important it is to force clear fluids.
- Be off of any blood thinners prior to your exam.

Examples: **Coumadin and aspirin** should be discontinued 3 days prior to your scheduled appointment.

**Plavix** should be discontinued 5 days prior to your examination.

**As always, consult with your physician for clarification before discontinuing any medications.**

What to expect...

- You will receive an injection of x-ray dye into your spine that is performed by our Board Certified Radiologists in our x-ray department. We will also take x-rays while you are here.
- Then you will be transported on a stretcher to our CT suite located on our lower level.
- Once the CT is completed, you will be brought back upstairs to our recovery area to be evaluated and discharged accordingly.
- Be prepared to stay three to four hours for the entire process.

If you have any questions or concerns, please don't hesitate to call one of our x-ray technologists to assist you at 434-237-4004.

Appointment date: \_\_\_\_\_ Arrival time: \_\_\_\_\_