

Annapolis Radiology Associates
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DISCOGRAM – Patient instructions

Your test is scheduled for _____ at _____.
Please call 1-800-952-7246 the day before to confirm your appointment time. (Monday – Friday, 8:30 am – 4:00 pm)

Preparing for your procedure:

Please complete the enclosed **pre-procedure pain diagram form** and bring this form **with you** the day of your procedure. Include a list of any and all medications you are currently taking.

If you have had an **MRI, CT scan or other films, please bring copies with you.** The procedure will be canceled if films are not available.

Arrange to have a driver accompany you on the day of your procedure. You will be receiving IV sedation. **If a driver is unavailable, the procedure will be canceled per hospital policy. We must be able to contact your driver before, during and after your procedure** either by phone or pager (Pagers are available at the Short Stay Unit front desk...please ask). Someone should stay with you at home after the procedure because you may be tired and unsteady on your feet.

If you are having a **CERVICAL**(neck) discogram and have an **ALLERGY to Penicillin or Cephalosporins** please call 443-481-1385 to inform the nurses.

Plan to be at the hospital for as long as 3 hours. Please do not bring young children with you.

If you live more than 4 hours from Annapolis, we recommend you stay in town overnight. Please call 1- 800-952-7246 for nearby hotel information.

The day of your procedure:

Report to the Short Stay Unit on the second floor of the Acute Care Pavilion on the day of your exam. Wear loose comfortable clothing. A sweat suit is optional.

Please withhold pain medication for at least 4 hours prior to the exam time. If you receive pain medication by a skin patch, you must call the nurses at 443-481-1385 for further instructions. You may bring your pain medication with you to take after the test, if desired.

Please do not eat or drink for at least 4 hours prior to the exam. You may bring a snack with you to eat after the procedure and a drink will be provided.

If you are **DIABETIC**:

If your test is before 12 noon do not eat or take any diabetic medication before the procedure. Bring your medication with you.

If your test is 12 noon or after please eat breakfast before 7 am and take your pill or _ your morning dose of insulin. Bring your medication with you.

Other **MEDICATIONS**:

Please take all your routinely prescribed medications the day of the procedure including blood pressure, heart, thyroid pills, etc. **NOTE** : If you take **BLOOD THINNERS** (example : coumadin or heparin) please contact the prescribing physician for instructions. You should stop taking this medication for 48 hours prior to the test.

You must be healthy the day of the exam. You **cannot** have a fever, infection, sore throat or cough. Please call 443-481-1385 Monday thru Friday 8 – 5 pm and ask to speak to one of the nurses if you have a question regarding your possible illness.

REGISTRATION: On the day of your procedure report directly to the second floor of the Acute Care Pavilion at least one hour prior to your scheduled appointment time to get registered. (If your appointment time is 7:30 am, report _ hour earlier at 7:00 am).

There, you will be seen by Dr. Eckel, Dr. Thompson or Dr. Dagher prior to the procedure to discuss your condition, x-rays, and purpose of the test.

After the procedure:

You will be given written discharge instructions before you leave and the test results will be explained to you and your driver.

You will receive copies of the discogram films that are taken. The films you brought with you will be returned upon your discharge. Please take the discogram copies to your referring physician when you return for your follow up appointment.

Your referring physician will receive a dictated report from Dr. Thompson, Dr. Eckel or Dr. Dagher 8 – 10 days following your visit.

You can expect the pain you had before the procedure to continue after the numbing medicine wears off. You may experience a flare up of your pain for 3 – 5 days following the procedure.

If you are in physical therapy check with your patient manager or physician before resuming treatment. Dr. Eckel, Dr. Thompson and Dr. Dagher recommend delaying physical therapy 48 – 72 hours post procedure.

If you have any questions regarding your procedure, please call the nurses at 443-481-1385.