

 <b>University Health™</b>	<b>Policy #6.13.2</b>
<b>SUBJECT: Post Procedure Instructions for Myelograms</b>	<b>Written: 04/98 Reviewed:10/16</b>
<b>APPROVED BY: Director of Radiology</b>	<b>Page 1 of 1</b>

**University Health  
Department of Diagnostic Radiology**

## Post Procedure Instructions for Myelograms

After your exam in the Radiology Department today you may resume your regular diet. It is necessary that the contrast be expelled from your body. You may wish to increase your fluid intake.

Following a myelogram the head should be elevated at least 30 degrees. We advise you to remain still and in bed for a few hours after the procedure. It is also, advised that you remain in a sitting or at least head elevated 30-45 degrees for the first 12 hours following a myelogram. If you experience any nausea or vomiting report it to the nurse promptly.

Your needs and concerns are important to us. If you have any questions, please call (318) 675-6200 the Department of Diagnostic Radiology.. Our normal hours of operation are Monday thru Friday, 7:00am until 4:00pm.