

Great Lakes Spine Center G-3239  
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## **DISCOGRAM**

- Blood thinning medications need to be discontinued:

7 days prior to procedure:

Stop aspirin and all aspirin products (e.g. Bayer, Ecotrin, Easprin, Empirin, Excedrin). Coumadin, Heparin, Plavix and garlic pills.  
Attention: patients taking Coumadin, Heparin, or Plavix cannot have procedure performed, unless prior arrangements have been made to stop these medications with their prescribing physician.

5 days prior to procedure:

Stop Nonsteroidal Anti-inflammatory Drugs (NSAIDS) Ibuprofen, Motrin, Nuprin, Advil, Midol, Mobic, Naproxen, Naprosyn, Anaprox, Aleve, Bextra, Relafen, Feldene, Daypro, Voltaren, Dolobid, Indocin, Clinoril, Cataflam, Lodine.

- We must be notified before your study of any allergic reactions to iodine contrast. Pre medication may be necessary depending on the severity of the reaction.

### **WHAT IS IT?**

A discogram is a test to determine if one or more discs between the bones of your spine are the source of your pain. A special dye is injected into the discs to look at the disc structure in more detail. To ensure proper placement of the needles the test is done under fluoroscopy (a type of low dose x-ray)

### **PURPOSE:**

The discogram is done to locate the specific discs, if any, that are contributing to your pain. The results are then used to determine if more advanced treatment is right for you. The discogram is not a treatment for pain and should not be done unless you are seriously considering surgery or similar treatment(s).

### **WHAT TO EXPECT:**

The entire process for check-in, preparation, recovery, and check-out will take several hours. The procedure itself takes about 30 minutes; however, more time is spent in the procedure room in preparation. The purpose of the discogram is to see if we can set off your pain, so increases in pain can be expected.

**THE PROCEDURE WILL BE STOPPED IMMEDIATELY AT ANY TIME UPON YOUR REQUEST.**

Following the procedure you may experience some increased discomfort for about 2-3 days.

**WHAT ARE THE RISKS?**

Every medical procedure, no matter how small, contains some risks. Anytime a needle is placed into your body there is a risk of tissue injury, infection, and bleeding. If this occurs in or near the spine it can result in nerve damage. Although extremely rare, severe nerve damage and death have occurred following spine injections. Injections near the spine also risk puncturing the dura and can cause headaches. More common risks include a temporary increase in pain, local tenderness after the injection, allergic reaction to medication, and side effects from steroids.

**IMPORTANT REMINDER:**

Please arrange for a driver to take you home after the procedure.

Bring your films to this appointment.