

DISCOGRAM

What is a Discogram?

A discogram is a diagnostic test performed to view and assess the internal structure of a spinal disc to determine if it is a source of pain.

How is a Discogram Performed?

The patient is given intravenous medication as a relaxant and pain reliever. A local anesthetic is injected into the patient's skin in the area that is being examined.

A needle is inserted through a previously placed needle in the skin and into the disc under fluoroscopy. A saline solution and radiopaque dye are injected into the disc or discs if more than one disc is being examined.

Expected results:

The test will recreate the painful symptoms if the disc/discs is abnormal and confirm the diagnosis.

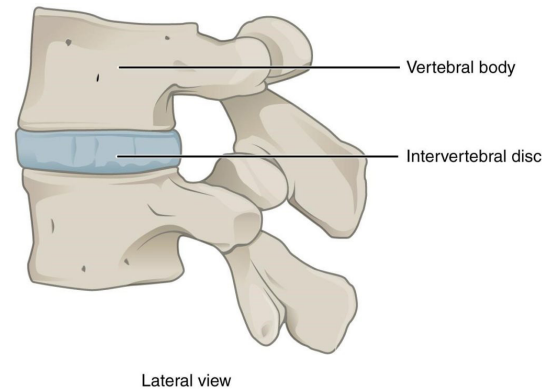
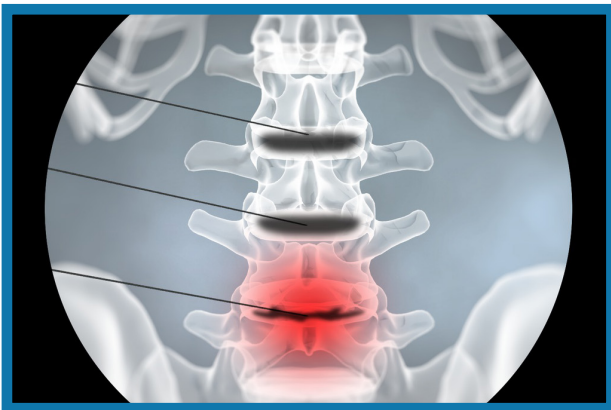
How long does it take?

Thirty minutes to an hour depending on how many levels are examined.

What can I expect after the procedure?

You may experience some pain after the injection. This is normal and is likely due to the irritation of the needle into your muscle. Ice placed over the injection site for 20 minutes, 2-3 times for the next two days will help. If you continue to have pain, please contact the office for further management.

For the next two days after the procedure, avoid heavy lifting, but continue to perform your stretching program as outlined by your Physical Therapist. If you do not have a stretching program at this time, you may be instructed by your Physical Therapist at your scheduled appointment. You also may be given a surgical opinion by your physician after results are known.



FLAGSTAFF
BONE & JOINT

ORTHOPAEDIC EXCELLENCE. EXCEPTIONAL CARE.

www.flagstaffboneandjoint.com