

DISCOGRAPHY

What is it?	A discogram is a diagnostic test performed to view and assess one or more intervertebral discs (soft cushion between vertebrae in the spine) to determine the source of a patient's pain. Dye is injected into the spinal disc(s) and an x-ray (or a "discogram") is taken to determine the condition of the disc. The discogram attempts to reproduce the pain you experience and confirm a break or tear in the disc(s). A normal disc will hold dye easily and there will be a steady increase in pressure when fluid is injected. An abnormal disc will leak dye and be unable to hold any type of pressure when being injected. The results of discography can be used to plan treatment options of your back pain.
Why is it done?	This procedure is performed on patients with pain in the low back that is worsened when in one position, or the same position for a long period. Often times, an abnormal disc that is causing pain cannot be seen using other types of diagnostic testing, such as an MRI or nerve conduction study.
How is it done?	Prior to the start of the procedure an intravenous (IV) catheter (tube) is placed in your vein. When you are in the procedure room, you will be asked to lie face down on a cushioned x-ray table. You will receive conscious sedation through your IV. Conscious sedation includes medication to help you relax, but it will not put you to sleep. A small needle is placed in the area of your neck or low back and then a second smaller needle is placed through the first needle. Normally, three to five vertebral levels are injected. After placement of the needle(s), a combination of antibiotic and dye is injected to determine the integrity of the disc. After the dye is injected, you will undergo a CT scan to determine the internal structure of the disc, and if there are tears.
Is there any preparation?	You will be receiving conscious sedation medication through your intravenous (IV) to help you relax. You MUST NOT EAT OR DRINK for 4 hours before your procedure. You may, however, take your medication with a small sip of water.
What to wear?	Please wear loose, comfortable clothing. Please leave all jewelry and other valuables at home.
How long does it take?	We ask that you arrive 30-45 minutes before the scheduled time of your procedure. The procedure lasts about 30 to 60 minutes, and you will be in the recovery area about 30 to 60 minutes. You will then go to the x-ray department for a CT scan of your spine.
Risks of this procedure include, but are not limited to:	<ul style="list-style-type: none"> * Pain in the area where the needle(s) were inserted. The pain can last for two to three days, and can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol. * An allergic reaction to the local anesthetic or dye. Most allergic reactions do not require further treatment. * If you develop numbness or weakness in your arms or legs call the office or go to the nearest ER. * If you ever had an allergic reaction to contrast or anesthesia, you must tell your doctor before the procedure is done. * You should have assistance with walking and should not drive for 24 hours after the procedure. * Discitis (inflammation in the disc) * Bleeding in the area of the injection * Infection in the area of the injection * Increased pain for a short time after this procedure. * Nerve damage, stroke, paralysis and even death.

Instructions Regarding Your Procedure
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Will I receive a pre-procedure phone call?	A nurse from our office will call you 24-48 hours prior to your procedure. She will ask you a few important medical questions, AND she will confirm your appointment. We must have a verbal confirmation from you 24-48 hours prior to your procedure . Failure to return our call could result in your procedure being rescheduled. The number to call us back is: (315) 703-3480
Where can I obtain more procedure information?	Please visit our website www.nyspineandwellness.com . It contains demonstrations of some of the procedures we offer. We also have other helpful information.
Can I drive home from the procedure? <i>*the box with a check applies to you</i>	<input type="checkbox"/> You MUST have a ride home, and your driver should remain on site. You must not drive or operate heavy machinery for 24 hours.
Can I eat Breakfast? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Yes, you can eat a light breakfast or light lunch <input type="checkbox"/> No, DO NOT EAT OR DRINK for 4 hours before your procedure. However, you may take your medicine but only with a small sip of water .
Should I stop taking aspirin?	If you take ASPIRIN or products containing ASPIRIN in doses greater than 325 mg/per day, you must stop taking it 7 days prior to your procedure (examples of ASPIRIN-containing products include but are not limited to: EXCEDRIN, FIORINAL, AND ALKA SELTZER, etc).
Can I take the aspirin prescribed for <u>cardiac</u> and or <u>stroke</u> prevention?	<input type="checkbox"/> Yes, HOWEVER you need to <u>limit the daily dose to 81 mgs per day</u> for the 7 days prior to the day of the procedure.
Can I take my blood thinner? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Our provider has advised you on the number of days to hold the blood thinner you take. <input type="checkbox"/> Our provider will have to contact the Doctor who has prescribed the blood thinner for you to learn how long it is safe for you to be off the medicine prior to your procedure. One of our nurses will call you when we have obtained that information.
Can I take my other medications? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Yes, except for blood thinners . <input type="checkbox"/> Yes, only with a small sip of water,(you must not take your blood thinner)
What time is my procedure?	You will receive a phone call one or two business days prior to your procedure to remind you of the time you should arrive for your procedure (usually 30-40 minutes prior to the scheduled time) and the location. PLEASE BE ON TIME . <i>*some patients may receive a call to confirm insurance information.</i>
How long will it take?	We ask that you plan <u>1½ -3 hours</u> from the time you arrive at the center to the time you are discharged. Please understand that circumstances sometimes arise that are out of our control, which cause a longer delay. Please plan accordingly.
What do I bring?	You must bring the following <u>each time</u> you have a procedure: 1. Your current insurance information 2. A written list of all your current medications including the strength and frequency you take them. Please include over the counter medication, vitamins and herbal supplements.
What shall I wear?	Please wear comfortable loose fitting clothing.
Can I wear jewelry?	No. Please leave all jewelry and other valuables at home. We are unable to store them safely. Any body- piercing jewelry must be completely removed, as this may interfere with the x-ray machine.
What do I do if I am ill or have to cancel?	Please call the office 24 hours in advance if you are unable to keep your appointment. (315) 552-6700. We do charge patients for no shows.