

Myelogram and Lumbar Puncture Discharge Instructions

Restrict your activity for the next 24 hours.

You may be up in a chair or go to the bathroom with slow movement.

You must keep your head above your chest for 8 hours after the procedure.

Rest as much as possible.

Resume your previous diet and medications

Drink plenty of water.

You may take Tylenol, as directed on the label, for pain or discomfort.

Avoid lifting anything heavier than 5 pounds for 48 hours. Avoid excessive bending and lifting as this may increase the chance of having a headache.

Be sure to follow-up with your physician. Take your films and/or CD with you.

Contact the Radiologist at the hospital where you had the procedure if you have severe pain or any questions.

Memorial Regional Medical Center 764-6077

Richmond Community Hospital 225-1761

St. Francis Medical Center 594-3180

St. Mary's Hospital 281-8166

You may be given additional customized instructions on the day of the procedure.