

**HOW CAN YOUR DOCTOR
DETERMINE IF YOUR PAIN IS DUE TO
A SYMPTOMATIC DISC?**

◆NORMAL EVERYDAY ACTIVITIES CAN CAUSE WEAR AND TEAR ON THE DISC IN YOUR SPINE, RESULTING IN PAIN OVER TIME.STUDIES SHOW STRONG EVIDENCE THAT DISKOGRAMS ARE A USEFUL TOOL FOR IMAGING DISC MORPHOLOGY MISSED BY MRI AND OTHER TESTS, AND FOR EVALUATING DISC RELATED PAIN..

◆**MEDICATIONS:** The nurse from the surgery center will discuss taking your routine medications the day of your procedure with you during your preoperative phone call. You may take your regular pain medicine as needed before/after the procedure. If you are taking blood thinning medications like, **Coumadin, Heparin, Lovenox, Plavix, Pradaxa,Xarelota or Ticlid**, they will have to be stopped before the procedure. However, **DO NOT STOP TAKING** these until discussing it with our office.

◆**THINGS THAT MAY DELAY THE PROCEDURE:** If you are on antibiotics, or if you have an active infection or fever, please contact our office, we may need to reschedule the procedure.

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DISKOGRAM

WHAT IS A DISKOGRAM?

DisKogram is an imaging procedure used to determine which discs are causing pain and to what extent. Under x-ray guidance, a thin needle is inserted into one or more discs. The discs are then pressurized one at a time with contrast dye to outline any damaged areas. If you experience pain that feels like your usual pain, that disc can be classified as a pain generating or symptomatic disc. During the procedure, your answers to questions about the intensity, type, and location of the pressure will help determine your diagnosis and appropriate treatment options.

Before your Procedure:

If you are a candidate, your doctor will ask you for the following information:

Recent x-rays, MRI films and reports.

Drug, iodine, x-ray dye, or latex allergies.

Current health conditions.



PROCEDURE BENEFITS:

Images the structural integrity of the disc.

Aids in treatment planning.

Minimally invasive.

Performed on an outpatient basis.

Your physician will also request that you:

STOP taking blood thinning medications such as aspirin, herbal remedies, ibuprofen and any other anti-inflammatory drugs (NSAIDS) 7 days prior to procedure. (See attached)

A nurse from the facility will contact you 24-72 hours prior to your procedure with further instructions.

**** Please be on time for your procedure****

****Cancellation less than 48 hours in advance, or failure to arrive on your procedure date, may result in a facility charge****

YOU MUST ARRANGE FOR SOMEONE TO DRIVE YOU HOME AFTER THE PROCEDURE.

DURING THE PROCEDURE:

A DisKogram takes 30-60 minutes to perform. During that time you will be sedated, but will be able to tell your doctor what you are feeling.

To begin, a local anesthetic is used to numb the area. Using x-ray guidance, a needle is inserted into the center of the disc. This process may be repeated for multiple discs. Once all the needles are placed, the discs are pressurized one at a time with injections of contrast dye. If you feel pressure or pain, you will tell the doctor during the procedure. The doctor will ask how it compares to your usual pain in terms of type, intensity on a scale of 1-10, and location.

AFTER YOUR PROCEDURE:

Typically patients go home within 30-60 minutes. You may have some soreness for a few days, anti-inflammatory medications as well as icing the area will help to relieve this.

