



ISPROC, ltd

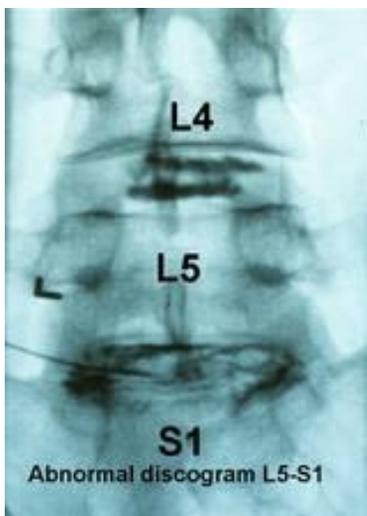


Interventional Spine & Pain Rehabilitation Center

Patient Discogram Handout

You are being scheduled or have been offered an discogram. This is usually done for predominantly back, thoracic or midline-neck pain. It is a diagnostic procedure, but you may get some relief as a steroid is often injected as well. Dr Mike will talk to you ask where you feel pain and if it is the same. When you are done, you will go for a CAT scan that will have been set-up ahead of time.

The following will help you understand what is happening and what we hope to accomplish. Although Dr Mike has explained the procedure in detail, there are still many questions you and your family may have again. Most of the discograms take 10-20 minutes, but you should plan to be here about an hour.



A discogram is often done prior to planning an Endoscopic discectomy or sometimes at the request of a spine surgeon as a pre-surgical planning tool. Most of the ones done by Dr Mike are to help decide if a Endo disk “Laser Spine Surgery” will help and at what level.

The Interventions are all done under X-ray guidance as seen to your left. This enables the doctor to place the medicine or the RF needle safely in the right place. The purpose of the injection can be therapeutic or diagnostic. A liquid that can be seen an X-ray (Isovue or OmniPaque) are injected into the disk and the containment pattern is noted. There are two medicines that are also usually injected. One decreases the inflammation (corticosteroid) and the other is a numbing medicine (local anesthetic) and rarely contrast agent. Dr Mike will place an IV and you will get an antibiotic and can be sedated. Then you will leave our office and head for the CAT scanner

This intervention can be done in the neck, but is most commonly done for back pain. This is to enhance the RF effect and tends to be used more in patients who have chronic or post-surgical pain. You should not feel much at all and Dr. Mike will talk to you the whole time.

Dr. Mike is not going to hurt you. You have the right to say “Stop” at any point and Dr Mike will stop.

:On the Day of Your Intervention:

--Take all your regular medicines that morning , including any pain medications, with a light breakfast
--You should plan to go home and not plan anything the rest of the day. You can resume your normal activity the next day.

--You will get standard written instructions after your procedure

--If you are not able to make your appointment for any reason, you must call and cancel 24 hours prior to the procedure, otherwise you will be directly billed a “No Show” fee. – there are usually many patients on a waiting list that can be called-in if you were the cancel for any reason

--If you use insulin, eat a light breakfast and cut your morning dose of insulin in half. If you do not use insulin, you do not need to adjust any of your medications.