OREGON IMAGING CENTERS

AFTER YOUR MYELOGRAM

How to care for yourself after your exam.

RECOVERY AT HOME

Rest with your head elevated for 2-3 hours.

- One thin pillow is enough
- Get up only to use the bathroom.
- If you feel well afterward, you may resume light activity.
- Do not lift more than 10 pounds today.
- Avoid strenous activity.

FOOD & DRINKS

- Resume your normal diet.
- Drink plenty of fluids for the next 24 hours.

PUNCTURE SITE CARE

- Keep the area clean and dry.
- Leave the bandage in place for 24 hours.
- You may shower after 24 hours.
- Contact your physcian if you notice increased drainage.

MEDICATIONS

- Continue your usual medications unless instructed otherwise.

Do not drive or operate machinery while taking prescription pain medication.

IF YOU DEVELOP A HEADACHE

Lay flat and drink plenty of fluids.
If your headache becomes severe or continues to worsen, contact your physician.

NEED HELP?

DURING BUSINESS HOURS

Oregon Imaging Centers

541-687-7134

Monday-Friday • 7:30 AM-5:00 PM
Ask to speak to the nurse.
Nursing support is available until 4:00 PM

AFTER HOURS

Sacred Heart Medical Center Radiology

541-686-6827

Ask for the Radiologist on call.
Available 24 hours a day.