



DISCOGRAPHY

Pain derived from the spine may come from the intervertebral discs, facet joints, sacroiliac joints or musculo-ligamentous structures.

Discography is a diagnostic test performed to view and assess the internal structure of an intervertebral disc and determine if the disc is causing your pain.

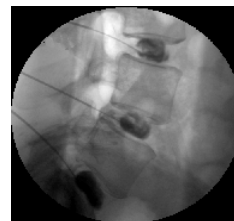
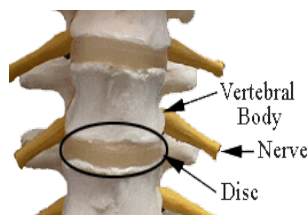
More information is available at <http://www.fpmx.com.au/solutions.html#diagnostic-procedures>

PREPARATION:

- Ladies if you may be pregnant, please tell your doctor ASAP.
- Please have nothing to eat for 4 hours and nothing to drink for 2 hours before the injection.
- Come about an hour before the procedure and plan to spend up to 4-5 hours in hospital. The procedure takes about 30 min, plus another 30min if a CT is done and several hours of recovery.
- Please take your normal medications with a sip of water (except heparin, warfarin, Plavix, Iscover or clopidogrel, diabetics on tablets or insulin - please get specific instructions).

THE PROCEDURE:

- Using local anaesthesia and x-ray guidance in the procedure room, a fine needle is placed into the intervertebral disc. A controlled injection of local anaesthetic, contrast and antibiotic is performed using special equipment to measure and record disc pressure.
- A CT scan is usually performed after the dye is injected to obtain images of the dye distribution. This will demonstrate annular tears, scarring, disc bulges and changes in the nucleus of the disc.



EXPECTED RESULTS:

- Recreation of painful symptoms if the disc/discs is abnormal.
- Confirmation of a diagnosis and/or determination of which disc/discs is the source of pain.

RISKS:

- There is a small risk of disc infection, that is minimised by the use of antibiotics.
- Post procedural discomfort that may last 2-4 weeks and require additional analgesics.

SIDE EFFECTS:

The following temporary symptoms may or may not occur following the procedure:

- Temporary weakness, numbness and/or paralysis of the involved extremities.
- Dizziness or feeling faint may occur upon abruptly sitting up or standing up for several hours

POST PROCEDURE INSTRUCTIONS:

1. No strenuous exercise, gradually increase range of normal activity.
2. Report fevers $>38^{\circ}\text{C}$, unexpected redness or severe pain, new numbness or weakness.
3. Apply ice to painful areas for 24 to 28 hours.
4. Protect and support of the affected area if weakness or paralysis occurs.
5. **Do not** drive a car, operate machinery or make important decisions today.
6. Please make a follow-up appointment in 2 - 4 weeks.