

X-ray Guided CT Myelogram - Information for patients

This leaflet aims to answer some of the questions you may have about having an X-ray guided CT myelogram. It explains the risks and the benefits of the procedure and what you can expect when you come to hospital.

If you have any questions or concerns, please do not hesitate to speak to the staff caring for you.

What is an X-ray guided CT myelogram?

An X-ray guided CT myelogram is an examination which provides detailed information about your spinal cord and nerve roots (the nerves which come off the spinal cord). Special X-ray dye (contrast) is injected into the fluid filled space around the spinal cord. A CT scan is then performed, the injected dye can be seen on the CT scan.

Who are team?

The X-ray guided CT myelogram is carried out by the Neuro Interventional Radiology team, which consists of an Consultant Interventional Neuro Radiologist, specialist nurses and a specialist radiographer. They are professionals in this type of scan.

What are the benefits?

An X-ray guided CT myelogram can show any compression on the spinal cord or nerves within your spine which could be causing symptoms.

This type of examination is used for patients unable to have an MRI, for example patients who have pacemakers. In some cases an X-ray guided CT myelogram may be performed to provide more information after an MRI scan has been performed

What are the side effects are and the risks?

The procedure is normally very safe and most patients have no major problems.

Minor side effects as the dye is injected may include a warm feeling, or a strange taste in your mouth. Also, some bruising may occur at the puncture site. You may also experience a headache following the procedure, which may start immediately or 1 – 2 days following the procedure. Allergic reactions to the dye are also possible, but are very rarely serious

Pregnancy

If you are in the early stages of pregnancy, there is a very small risk of x-rays harming your unborn child. If you think you could be pregnant, or you are trying to get pregnant, please tell us before your appointment. Individuals aged 10-55 will be asked to confirm their pregnancy status by the radiographer before the procedure.

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Giving your consent (permission)

We want you to be involved in all the decisions about your care and treatment. If you choose to go ahead, you will be asked to sign a consent form. This confirms that you agree to have the procedure and understand everything involved. Students/trainees may be present during the examination but only with your verbal consent.

Please remember that you can ask the Interventional Radiologist any questions you have at any time before, during or after your scan.

How do I prepare for the test?

You may have a light early breakfast on the day of the procedures.

Please ring the number on the appointment letter to confirm and to discuss the attached checklist.

Please let us know if you have any of the following:

• Severe allergies?
• Have you had a previous adverse reaction to X-ray dye before?
• Asthma which is poorly controlled?
• Renal impairment (poor kidney function)?
• Diabetes which is treated with Metaformin therapy?
• Are taking any anti-coagulants (blood thinners)

What happens before the procedure?

Please follow the below instructions for fasting requirements.

Appointment time	Fasting instructions
7.30am	Fasting from midnight
8.30am	Fasting from midnight
11.00am	Light early breakfast no later than 6am

Please attend the appropriate department / area as stated on your appointment letter

You will be asked to change into an open back gown and brought to the angiography suite in your bed, where you will be met by a team of nurses, a radiographer and interventional neuro radiologist. The procedure will be explained to you and you will be asked to sign a consent form. The Royal Victoria Hospital is a teaching hospital and as such university students may be in attendance, with your permission.

What happens during the test?

You will be helped to transfer onto the X-ray table and monitors attached to record heart rate and blood pressure. You will be awake for the procedure.

Your back will be cleaned with an antiseptic solution and you will be draped in sterile gowns. The interventional neuro radiologist applies local anaesthetic to your back so that you will not be able to feel what is going on. Once the area is numb, the interventional neuro radiologist will insert a needle into the spinal canal in the lower back. They will then check the needle position using x-rays and inject x-ray dye to obtain images. Once the doctor is satisfied with the images and position of the dye then the needle will be removed and you will be transferred onto a trolley and taken to the CT department for your scan. A plaster or dressing is put over the area where the needle was inserted and can be removed the following day.

The whole procedure is likely to take one hour.

What happens after the test?

Once the procedure is complete, you will return to the ward for nursing staff to monitor you post procedure. You will need to lie flat for up to 2 hours.

You will be discharged in the early evening and a relative/friend must collect you from the ward.

An adult must stay with you during the 24 hour period following discharge in the unlikely event of complications. Please rest at home for 24 hours. Do not exercise, lift heavy items or consume any alcohol during this period.

Radiation

X-ray guided CT Myelograms use X-ray radiation. The radiation dose that you get from a CT Myelogram examination is small and the associated risks are low. Clinical staff consider both the risks and benefits when deciding what examination is appropriate for you. The benefits of having the X-ray guided CT Myelogram scan outweigh any risk. Clinical staff are responsible for making sure that the dose you receive is kept as low as necessary to aid your diagnosis or treatment.

Complications

Complications after an X-ray guided CT myelogram are very rare, however, infection risk at the puncture site or bleeding may occur. Bleeding is more likely if you are taking blood-thinning drugs or you have a bleeding disorder.

Problems that are very rare but serious include

- Nerve root damage
- Meningitis
- Epidural abscess
- Cerebral spinal fluid (CSF) leak or haemorrhage

For any concerns, please contact ward 4F on 02890633428

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Duration

The procedure itself, performed in the Interventional Radiology Suite, should take approximately 1 hour.

Whilst we try to accommodate all patients at their appointed time, occasionally emergency patients arise which may delay procedure or result in an extend length of time in the ward prior to the procedure. Your procedure may be cancelled due to emergencies cases and will be reappointed for the next available slot.

Image sharing

Your images will be electronically stored on the hospital picture archiving system. This data can be accessed throughout the Belfast Health and Social Care Trust and other doctors and health care professionals who are directly involved in your care. The ability to share images and radiological reports will improve the safety and quality of your care by ensuring that the right information is available in the right place at the right time.

In order to improve the medical services we provide we may also use your data as anonymously as possible for internal audit and medical education. If you would prefer that your data is not used for these purposes, please inform a member of staff when you attend for your examination.

If your data is to be used for research, then a separate consent process will be used. You will be asked for your consent, should this be the case.

Contact us

If you have any queries, we will be happy to answer any questions before or after your procedure and you can contact us on the number given on your appointment letter.

Useful telephone numbers

Ward 4 F 02896150783

Ward 4 E 02896150778

Interventional Neuroradiology Secretary 02896156115

Feedback

We hope you found the information in this leaflet helpful. If it did not tell you what you needed to know or you would like to provide any feedback on your experience please let us know so that we can make any necessary improvements.

You can provide feedback on your experience:

Telephone: (028) 9504 8000 (Monday-Friday: 9am-4pm)

Textphone: 18001 028 950 48000

By email: compliments@belfasttrust.hscni.net

By email: complaints@belfasttrust.hscni.net

By completing an online form: <http://www.belfasttrust.hscni.net/contact/FeedbackForm.htm>

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Care Opinion

We invite you to share your experience by clicking the following link:
<https://www.careopinion.org.uk/>

or by scanning the following QR code on your smartphone or tablet:



Language and accessible support services

Deaf/Hard of Hearing

If a Sign Language interpreter is required, please either telephone **028 9615 8900** via the Sign Video remote interpreting service (<https://signvideo.co.uk/deaf-community/>) or email us at MPHAdminFOH@belfasttrust.hscni.net and we will arrange one for your appointment. Please have your H&C number ready when calling or include it in your email. This can be found at the top right corner of any Health and Social Care letters you may have received.

If you are unable to hear on the phone and need to contact us with regards to your appointment you can email us at MPHAdminFOH@belfasttrust.hscni.net.

Do you need this information in another format or language?

The Trust has access to interpreting and translation services. If you need this information in another language or format, including Braille, large print, CD, audio tape please contact the telephone number **028 9615 8900** or e-mail address MPHAdminFOH@belfasttrust.hscni.net, and we will do our best to meet your needs.

Polish - Czy potrzebujesz tych informacji w innym formacie lub języku?

Fundusz ma dostęp do usług w zakresie tłumaczeń ustnych i pisemnych. Jeśli potrzebujesz tych informacji w innym języku lub formacie, w tym w piśmie Braille'a, dużym druku, na płycie CD, kasecie magnetofonowej, skontaktuj się z nami pod numerem telefonu lub adresem e-mail **028 9615 8900 / MPHAdminFOH@belfasttrust.hscni.net**, a my dołożymy wszelkich starań, aby spełnić Twoje potrzeby.

Arabic - هل تحتاج هذه المعلومات بصيغة أو بلغة أخرى؟

تستطيع الجمعية توفير خدمات الترجمة الفورية والتحريرية. إذا احتجت هذه المعلومات بلغة أو بصيغة أخرى، بما فيها صيغة برايل Braille أو صيغة بالأحرف الكبيرة، أو في سي دي CD أو في شريط مسموع، يُرجى الاتصال برقم التليفون أو عبر البريد الإلكتروني **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**، وسوف نبذل قصارى جهدنا في تلبية احتياجاتك.

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Lithuanian - Ar jums reikia šios informacijos kitu formatu ar kalba?

Tarnyba gali suteikti vertimo žodžiu ir raštu paslaugas. Jei reikia šios informacijos kita kalba ar formatu, įskaitant Brailio raštą, didelį šriftą, kompaktinį diską, garso įrašą, skambinkite telefonu arba susisiekite el. paštu **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900** ir mes padarysime viską, kad patenkintume jūsų poreikius.

Romanian - Aveți nevoie de aceste informații într-un alt format sau altă limbă?

Trustul are acces la servicii de interpretariat și traducere. Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un alt format, inclusiv Braille, tipărire cu caractere de mari dimensiuni, CD, înregistrare audio, atunci vă rugăm să ne contactați la numărul de telefon sau la adresa de e-mail **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**, iar noi vom face tot posibilul pentru satisfacerea necesităților dumneavoastră.

Tetum - Ita presiza atu informasaun ida ne'e iha formatu ka lian seluk ka lae?

Fidusiáriu ida ne'e iha asesu ba servisu durubasa no tradusaun. Se Ita presiza informasaun ida ne'e iha lian ka formatu seluk, inklui letra Braille, letra boot, CD, kasete audio, entaun favór telefone númeru ka enderesu e-mail **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**, no ami sei halo esforsu tomak atu kumpre Ita-nia nesesidade sira.