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# Spine Institute of Arizona

## DISCOGRAPHY

It has been recommended that you have a discography performed. This is an outpatient procedure performed by a qualified diagnostic physician.

The purpose of discography is to identify which disc may be causing your back pain. The procedure is done under fluoroscopic (x-ray) guidance.

Please stop all anti-inflammatory medications (eg. Aspirin, Motrin, Aleve, Ibuprofen, Naprosyn, DayPro, Voltaren) 7 days prior to this test.

During this procedure either x-ray contrast or saline is injected into the disc(s) that are suspected to be contributing to your pain, and your pain response if monitored. A CT scan may follow the procedure.

A positive discogram is one in which the injection into the disc produces your typical pain. A negative discogram is one in which the injection fails to produce your typical pain.

Before coming for your discogram, please review the separate "Procedure Instructions" we have offered you.

When you arrive for your discogram, you will be asked to put on a gown. Then, you will be escorted to the procedure suite. During the procedure, we will monitor your breathing, blood pressure, and heart rhythm. We will probably start an IV in your arm for antibiotics. You will not be given intravenous sedation.

When laying on your stomach (abdomen), your back will be cleansed with a special antiseptic. Your skin will be numbed with a local anesthetic. Then, using x-ray guidance, the physician will position the needles in the chosen discs. Once the needles are in proper position, the physician will inject the discs and discuss your response with you. Specifically, the physician will ask you to describe the intensity and location of any pain or discomfort your experience. When the procedure is completed, additional medication will be given through your IV for pain relief if needed.

After the procedure, you will be taken to a recovery area for observation where you will remain for a few hours before being discharged home. We may need to send you for a CT scan. This will be done immediately after you leave the procedure suite. Someone other than you should be driving.

You may experience increased leg and back pain after the procedure. Avoid any strenuous activities after the first 48 hours. An appointment to see your requesting physician 1-2 weeks after the procedure should be made.



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## **DISCOGRAPHY-cont'd**

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After the procedure, you will be taken to a recovery area where you will remain for a few hours before being discharged home.

The physician will send your results to the Spine Institute of Arizona, and your results will be discussed with you at your next appointment at the Spine Institute of Arizona.

If you have any additional questions or concerns that were not addressed above, please call our office at (602) 953-9500.