

Myelogram

A myelogram is an x-ray test to check your spinal cord and nerves. A small amount of radioactive dye is given for this test. The dye leaves your body after a few days.

If you have any allergies to medicines, foods or other things, tell the staff before the test.

If you are pregnant, or think you might be, tell the staff before the test.

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or leave alone.

Arrive on time for your test. The test takes about 1 hour.

To Prepare

- Do not eat or drink anything, including water, after midnight before the test.
- If you are to take your medicines the morning of the test, take them with sips of water only.

During the Test

- You will wear a hospital gown.
- You lie on a table on your stomach or your side.
- The doctor cleans part of your back. This may feel cold.
- Numbing medicine is put into the skin of your back.
- When the skin is numb, the doctor puts a needle in between the bones of your back. If you feel any pain, tell the doctor **where** and **how** it hurts.
- Some fluid is removed for testing.

Raajo Saaridda Dabaqanaanta/Dabanicista (Myelogram)

Myelogram waa baaritaan raajo si loo hubiyo dabaqanaanta/dabannicistaada iyo xididdada. Xaddi yar oo dheeh shucaac ah ayaa baarintaakaan la isu siiyaa. Dheehu wuxuu jidhkaaga ka baxayaa dhowr maalmood ka dib.

Haddii aad wax xajiin ah ka qaaddid daawooyinka, cuntooyinka ama waxyaabo kale, shaqaalaha u sheeg baaritaanka ka hor.

Haddii aad naas nuujiso, aad uur leedahay, ama ay kula tahay in aad yeelanayso, shaqaalaha u sheeg raajada ka hor.

Xubin qof weyn ah oo qoyska ka tirsan ama saaxiib ayaa loo baahan yahay inuu kula yimaado si ay guriga kuugu kaxeeyaan baaritaanka ka dib. Ammaan kuuma ahan in aad baabuur waddo ama aad keligaa baxdo.

Wagtiga ku imow marka lagu baarayo. Baaritaanku wuxuu qaadanayaa ilaa 1 saac.

Si aad isugu Diyaariso

- Waxna ha soo cunin hana soo cabbin, marka lagu daro biyo, wixii ka danbeeya saqda dhexe ee habeenka baaritaanka ka horreeya.
- Haddii ay tahay in aad daawooyinkaaga qaadato subaxda baaritaanka, ku qaado kabbashooyin biyo ah oo keliya.

Wagtiga Baaritaanka

- Waxaad xiran doontaa goonnada isbitaalka.
- Waxaad caloosha ama dhinaca ugu seexan doontaa miis.
- Takhtarku wuxuu nadiifin doonaa qayb ka mid ah dhabarkaaga. Waxaa laga yaabaa in aad tan qabow ka dareento.
- Daawo kabuubiso ayaa maqaarka dhabarkaaga lagaaga durayaa.
- Marka uu maqaarku kabuubyoodo, takhtarku wuxuu cirbad gelinayaa inta u dhexeysa lafaha dhabarkaaga. Haddii aad wax xanuun ah dareento, takhtarka u sheeg **meesha** iyo **sida** ay kuu xanuuneyso.
- Xoogaa dheecaan ah ayaa baaritaanka loo soo qaadayaa.

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- A small amount of dye is given through the needle so that the space around your spinal cord can be seen on x-ray.
- You are asked to turn slowly and the table moves.
- X-rays are taken while you are in different positions.
- The needle is removed and a band-aid is placed over the spot.
- More x-rays are taken.

After the Test

- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety. You will need to lie down in the car.
- Lie in bed with your head up for the next 6-8 hours.
- Drink plenty of liquids to avoid a headache.
- For the next 24 hours:
 - An adult family member or friend should stay with you
 - Rest
 - Do not drive
- Test results are sent to your doctor. Your doctor will share the results with you.

Call your doctor **right away** if you:

- Have a severe headache
- Feel numb
- Lose feeling in your fingers or toes
- Are less alert or confused
- Have a seizure or convulsions
- Feel weak
- Vomit

Also call your doctor if your needle site:

- Swells
- Feels warm or gets red

- Xaddi yar oo dheeh ah ayaa cirbadda lagugu siinayaa si markaas meesha ku hareereysan dabaqanaantaada/dabannicistaada loogu arki karayo raajada.
- Waxaa lagu weydiinayaa in aad si tartiib ah isu geddiso oo uu miisku u dhaqaaqo.
- Raajooyin ayaa lagaa qaadayaa adiga oo siyaabo kala duwan u jiifa.
- Cirbadda ayaa lagaa soo saarayaa ka dibna sharooto ayaa lagaaga dhejinayaa meesha.
- Raajooyin kale ayaa lagaa qaadayaa.

Baaritaanka ka Dib

- Daawadii waqtigii baaritaanka lagu siiyey hurdo ayey ku galinaysaa. Waxaad u baahan doontaa qof weyn oo qoyska ka tirsan ama saaxiib inuu guriga kuu kaxeeyo iyadoo ammaan kuu ah. Waxaad u baahan doontaa in aad baabuurka sii dhex seexato.
- Sariirta ku jiif iyadoo madaxaagu uu kor jiro ilaa iyo 6-8 saacadood eek u xigta.
- Cab cabitaanno fara badan si aad uga fogaatid madax xanuun.
- 24 saac ee ku soo xiga:
 - Waa in qof weyn oo qoyska ka tirsan ama saaxiib uu kula joogaa
 - Naso
 - Baabuur ha wadin
- Natiijooyinka baaritaanka takhtarkaaga ayaa loo diri doonaa. Takhtarkaagu wuxuu kula wadaagi doonaa natiijooyinka.

Isla markiiba wac takhtarkaaga haddii aad isku aragtid:

- Madax xanuun daran
- Dareen kabuubyo
- Faraha ama suulasha ka dareento jilicsanaan
- In aadan feejigneyn ama jahawareersan tahay
- Hawlgab maskax ama gariir
- Daciifnimo
- Matag

Sidoo kale wac takhtarka haddii meesha cirbadda lagaaga muday:

- Ay bararto
- Ay diirran tahay ama guduudato

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- Has bleeding that will not stop
- Leaks clear fluid

Talk to your doctor or nurse if you have any questions or concerns.

- Ay leedahay dhiig-bax aan joogsaneynin
- Ay soo deyneeyso dheecaan cad

La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.

Myelogram. Somali.

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