



Discogram Information Leaflet

Radiology Department

Great Western Hospital

If you need to cancel or you have queries or concerns please contact the department on

01793 60 50 59

Opening Hours

Monday - Friday 9.00am – 4.30pm



Discogram Information Leaflet

What is a Discogram?

It is the x-ray examination of your spine using x-ray imaging, when a small injection into the disc is performed to aid in the diagnosis of your back pain.

The procedure is performed by a Consultant in Radiology.

Are there any risks involved?

The benefits far outweigh the risks for all methods of medical imaging.

During your procedure you will receive a dose of ionising radiation to help us form images of your body and this will provide your doctor with detailed information. The radiation dose is always kept as low as possible. The actual dose you receive will vary depending on the type of procedure you are having, but your doctor has considered this and feels that this is the best procedure for you to have to help diagnose or treat your condition.

We are all at risk of developing cancer in our lifetime and the added risk from undergoing your procedure is small and is outweighed because of the benefits it provides and every procedure that you have in Radiology has been assessed to ensure that the benefit outweighs the risk. For more information see the displays within the department or ask a member of staff. Any procedure carries a tiny but real risk of infection or bleeding.



Discogram Information Leaflet

Do I have to have this examination?

Your consultant has requested this x-ray for you. It is the easiest way to gain the information needed to diagnose your problem.

Before:

- Morning appointment - nothing to eat or drink from **8.00 am**
- Afternoon appointment - nothing to eat or drink from **10.00 am**
- You should not drive yourself home afterwards, please consider this when making transport arrangements.

You must ring for further advice if any of this applies to you:

- **You use Warfarin**
- **You are diabetic**
- **You are epileptic**
- **You think you may be pregnant**
- **You are breast feeding**

Concerns or queries ring
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During:

- The Radiologist will explain the procedure in detail and ask you to sign a consent form.



Discogram Information Leaflet

- You will be given a small dose of antibiotic and painkiller via a very small tube in your hand/arm called a cannula.
- The Radiologist will ask you to lie on your side on the x-ray couch.
- A local anaesthetic is used in the area to be examined.
- Using x-ray control, a fine needle is then inserted into the disc. A small volume of fluid, sometimes including a steroid will be injected into the disc.
- Whilst this is happening the Radiologist will be asking you to describe any sensations or discomfort that you may experience. This will aid him in assessing your condition.

After:

- You should expect to stay in our recovery area for one - two hours after the procedure.
- You may experience altered sensations in your back and legs. This is quite normal.
- You may resume your normal diet immediately.
- You should not drive yourself.
- You will receive a letter or follow-up appointment to discuss the results.

If you feel hot and feverish with an increase in back pain within 48 hours of having this procedure please consult your doctor.



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From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

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