



LUMBAR DISCOGRAPHY

What is a disc and how is discography helpful?

The discs are the cushion-like pads that separate the vertebral bones of your spine. When a disc degenerates, tears or herniates, it can cause pain in the back, buttocks, hips and legs. While radiologic images such as MRIs and CT scans may show anatomic abnormalities of the disc, discography is the gold standard to confirm or deny the disc itself as a source of pain. If it is determined that a particular disc is the source of your pain, the physician can advise you on an appropriate treatment method.

What happens during the procedure?

An IV will be started so that antibiotics (to prevent infection) and relaxation medication can be given. You will lie face down on a procedure table. The physician will use fluoroscopic (x-ray) guidance to visualize the spine. The physician will scrub your skin with sterile soap and place a drape on your low back. The physician will numb a small area of skin with anesthetic medication. After the anesthetic has been given time to be effective, the physician will then direct a very small needle using fluoroscopic guidance into the disc. You may feel temporary discomfort as the needle passes through the outside of the disc. This procedure may be performed at more than one disc level. After the needles are in their proper locations, a small amount of contrast (dye) is injected into each disc. The physician will ask you about your experience as the contrast is being injected; it is important that you describe what you feel as accurately as you can.

What happens after the procedure?

Immediately after the procedure, you will go to a recovery area where you will be monitored for approximately 30 minutes. Immediately following discharge from the recovery area you will undergo a CT scan of your lumbar spine. You will meet with your physician in 1-2 weeks to review the results of the discography and CT scan. Note you will not be able to drive the day of the procedure.

General Pre-op and Post-op Instructions:

- You will be scheduled at one of the facilities listed below. You will be at the facility approximately 1-1.5 hours total.
- You will be required to have a responsible adult drive you home.
- You should take your routine medications (ie. blood pressure, diabetic medications) the day of your procedure.
- If you are taking Coumadin or blood thinners, please notify the office immediately.
- You must not eat any food six hours prior to your appointment.
- You may have sips of clear liquids up to two hours prior to your appointment
- You may want to wear loose, comfortable clothing to your appointment.
- You may return to your normal activities the day after your procedure, including returning to work.

Location of Procedures:

- Desert Spine and Sports Phoenix office: 3700 N 24th Street, Ste 210. Phoenix, AZ 85016
- Desert Spine and Sports Mesa office: 6636 East Baseline Rd Suite 101, Mesa, AZ 85206
- Desert Spine and Sports Scottsdale office: 8670 E Shea Blvd Suite 102, Scottsdale AZ 85260

If you need to reschedule this appointment, please give 24 hours notice and call **602-840-0681**.