



**ORTHOPEDIC ASSOCIATES OF HARTFORD, PC**  
Enfield, Farmington, Glastonbury, Hartford, New Britain, Newington, Rocky Hill  
www.oahct.com

## **Pre-Procedure Information**

### **Discogram**

A discogram is a diagnostic spinal procedure reserved mainly for those patients who are being considered for spine surgery. This procedure is typically performed on individuals who have exhausted all conservative interventions such as epidural injections, physical therapy and oral medications. This procedure is used to isolate and confirm that an individual's pain is emanating from a disc in the spine. For those individuals who are found to have pain emanating from these discs, either spinal fusion or disc replacement surgery can be considered. Discography involves the insertion of a needle directly into the disc; contrast is injected, which allows your physician to assess the extent of damage that may be present within that disc, such as a tear. In addition, this procedure can confirm that a disc is the pain generator that may require surgical intervention. For this procedure, fluoroscopy is utilized, which is a real-time x-ray. Individuals who undergo a discogram will often receive conscious sedation with a medication known as Versed, and these individuals will often undergo a CT scan as well after this procedure.

### **General Information**

1.) All procedures are done in the Operating Room at **the following locations:**

- **Dr. Memmo performs his cases at:**
  - Orthopedic Associates Surgery Center**  
**1111 Cromwell Ave., Rocky Hill, 860-529-0295**
- **Dr. Codisotti performs his cases at 2 locations:**
  - Glastonbury Surgery Center**  
**195 Eastern Blvd., Glastonbury, CT 06033 860-633-0003**

*or*

- Southington Surgery Center**  
**81 Meriden Ave.**  
**Southington, CT 06489 86-378-8228**

- 2.) Call the surgery center between 2 – 3 pm the business day prior to your procedure for your arrival time. A nurse will call you 2 – 3 days prior to your procedure to ask pertinent questions relating to the procedure.
- 3.) If you are having a Discogram with conscious sedation, **DO NOT EAT OR DRINK AFTER MIDNIGHT.** The nurse will discuss this with you during your pre-procedure phone call. **Patients who receive sedation must have a designated driver.**
- 4.) The medications that may be used are listed here:
  - \***Omnipaque**~ contrast dye that is visualized using fluoroscopy (x-ray).
  - \***Lidocaine**~ numbing agent injected into the skin before the needle is inserted.
- 5.) A nurse will discuss with you any specific restrictions based on your procedure. Most people are able to return to work the following day. Any job restrictions can be discussed with your physician.
- 6.) Please bring your insurance cards and photo identification. Please plan to have someone drive you home.
- 7.) The following web sites are recommended for additional information: [www.spine-health.com](http://www.spine-health.com). [www.oahct.com](http://www.oahct.com)

### **Contraindications**

Patients with the following medical conditions are **NOT** to undergo this procedure and should notify your physician of these conditions:

- 1.) Pregnancy
- 2.) Bleeding disorder such as problems with clotting
- 3.) Systemic Infection
- 4.) Uncontrolled high blood pressure
- 5.) Uncontrolled Diabetes

### **Alerts**

**\*Please advise your physician if you have an allergy to shellfish, contrast dye, or if you have uncontrolled high blood pressure; congestive heart failure or impaired kidney function.**

**\*Please let your physician know if you are taking a medication that thins the blood (such as Coumadin, Plavix, Aggrenox, Fragmin, Halfprin, Heparin, Lovenox, Orgaran, Persantine {dipyridamole} Pletal {Cilostazol}, Ticlid, and Pradaxa)**

**\*\*These medications require medical clearance (a note from your primary doctor or cardiologist) giving permission for you to discontinue your medication. Lab work may also be required the day before your procedure (for patients on Coumadin). Coumadin typically needs to be stopped for 5 days, Pradaxa 3 days, and Plavix 7 days prior to your procedure.**

Patients taking **Metformin, Acto plus Met (Glucophage/Riomet), Avandament, Glucovance, Metaglip or Janumet** must discontinue these drugs the day of the procedure. These medications can be resumed 24 hours after the procedure.

This is due to a potential interaction with the contrast dye that is administered.

Patients taking an MAO inhibitor (**Parnate/tranylcypromine, Eldepryl, Deprenyl, Atapryl, Selegiline, Nardil {Phenelzine}, Marplan/isocarboxazid, Matulane/procarbazine**) must discontinue the medication 48 hours before the procedure and can resume the medication 24 hours after the procedure. Medical clearance (a note from the psychiatrist or prescribing physician) is recommended.

### **Potential Complications**

Rare but potential complications that have been reported in the medical literature include the following: Infection, bleeding, nerve damage, dural puncture, paralysis. It should be recognized that for all procedures, meticulous sterile technique is utilized; procedures are performed in an operating room with state of the art equipment including fluoroscopy (x-ray).

### **Potential Side Effects**

Some potential side effects you may or may not experience include: Numbness in your low back for several hours after the procedure and/or pain at the injection site.