

Discography and Discogram

Overview

This procedure, which your doctor may call discography or discogram, helps to identify painful spinal discs. Here's how it works.

Preparation

You will be relaxed but awake during the procedure. You will not be put to sleep, so that you can give your doctor feedback during the discography. Your neck or back will be numbed with local anesthetic.

Placing the Needles

The doctor will use a video x-ray device called a fluoroscope to guide a needle into each of the suspected painful discs.

Testing the Discs

Next, the doctor will inject a dye into each tested disc, one at a time. This dye raises the pressure inside the discs, and you will be asked what you feel. Your feedback will help the doctor identify the source of your pain. The doctor will use the fluoroscope to take images of your discs, so they can be carefully studied.

End of Procedure and Aftercare

The needles are removed once each disk is dyed, tested, and imaged. Your doctor may wish to take more scans of your spine with the dye applied. You may be sore for a few days where the needles were inserted, but that pain should resolve fairly quickly.

