

# Discogram

This handout provides information about what you might expect to happen following a Discogram. It is provided as a general guide and does not replace specific medical advice, which should be sought if you have concerns.

**For your procedure today you have been given a light sedative. For this reason, you should not drive, sign documents or make important decisions for the next 24 hours.**

The discogram you had today is a diagnostic procedure only. It was performed to find out whether your pain comes from a disc.

## Post Procedure Information

- Once the light anaesthetic wears off you may experience some discomfort from the needle site/s or a flare of your back pain, this may last for a few days and can be treated with an ice pack or analgesics.
- You can remove the dressing 24 hours after the procedure.
- You may return to normal activities 1-2 days after the procedure.
- The doctor may need to see you 1-3 weeks following this procedure to discuss the discogram results if they have not been discussed today. If an appointment is required and has not already been made, please contact Metro Pain Group to schedule this appointment.

## FOR ANY CLARIFICATION OR CONCERNS RELATED TO THE PROCEDURE:

Please phone: 03 9595 6111 (during clinic hours) | E-mail: info@metropain.com.au  
After Hours Emergency Phone: 1300 070 345

If the pain seems extreme or there are any signs of general illness including a fever, nausea or other specific concerns, contact the Clinic, visit your GP or proceed to your nearest Emergency Department.