



SPECIAL INSTRUCTIONS FOR THORACIC DISCOGRAM

- **Continue your regular medicine.**
- **Walking, standing, and sitting are permitted to tolerance.**
- **Do not do any lifting, bending or stooping for 2 days.**
- **No forceful coughing/sneezing**
- **No straining with bowel movements.**
- **You may return to sedentary or light work the day following the procedure.**
- **If shortness of breath occurs or you begin to cough up blood, go to the nearest emergency room and inform the physician that you had a thoracic discogram.**