



Center for Diagnostic Imaging (CDI) is providing this information to facilitate a discussion with your doctor about your pain issue. A copy of a CDI referral form is also included as your doctor will need to fill it out and fax to us if it is decided that an imaging or pain management procedure is appropriate for you.

Our radiologists are available for doctor-to-doctor consultations on the specific indications for each procedure and can be reached at 320.251.0609.

Discogram

Discograms are useful in pre-surgical planning for patients considering fusion surgery who have had ongoing significant pain anywhere along the spine, from the neck (cervical pain), to the mid-back (thoracic pain), down to the low-back (lumbar pain).

What are the anticipated benefits?

The benefit of a Discogram is that it creates a clear “road-map” of your pain that is used by a surgeon in preparing for spine fusion surgery. It is simply a diagnostic test, meaning it pin-points the source of pain by deliberately provoking the symptoms, without treatment.

Discograms are reserved for patients who have not responded to medications and conservative treatments, such as bed rest, traction or physical therapy.

How does it work?

A Discogram takes anywhere from 45 minutes to an hour.

You will be positioned on a special table in our Diagnostic and Therapeutic Injections (DTI) suite. The C-arm (a special x-ray machine) can be rotated to allow the radiologist to monitor the injection to make sure he is precise in targeting the pain source. In addition, the table can be easily rotated to help the contrast dye move to the area of interest.

Depending on where your pain is, you may lie on your stomach (for mid- to low-back pain) or your back (for neck pain).

Our radiologist will insert a thin needle containing contrast material into the center of your disc(s) thought to be causing your pain. He will inject the contrast material to help highlight what is happening in your spine.

Since this procedure is to map your pain, the radiologist needs to “awaken” the pain and have you talk through what you are feeling to properly pinpoint the source. So, if a healthy disc is injected, you will feel little or no pain and contrarily if the disc is not healthy, your pain may intensify.

As soon as that symptom has been recorded, our radiologist will numb the disc with a local anesthetic to reduce or eliminate the pain.

Are there any risks or negative side affects?

Complication rates with Discograms are very low.



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(continued)

As with all injection procedures, the contrast dye contains iodine, so patients with a known allergy to iodine may have an adverse reaction. However, because the contrast is injected into a joint and not a vein, allergic reactions are rare.

Women should always inform their physician or CDI technologist if there is any possibility that they are pregnant or breast feeding.

A dedicated driver will need to drive you home after a Discogram procedure. If you do not have a driver, we can make complementary hotel accommodations nearby.



Center for Diagnostic Imaging
General Order Form for Medical Imaging and Pain Management

This form must be filled out and signed by a medical professional who is legally approved to order your specific medical imaging procedure.

Medica, Blue Cross Blue Shield of Minnesota, and HealthPartners require that any referral for an MRI or CT go through a pre-notification process prior to occurring.

CDI's Three-in-One Scheduling process includes a pre-notification process which is approved by these payers, by which CDI conducts a clinical appropriateness check on your exam.

This provides you and your physician with a more straightforward, streamlined scheduling process.

REFERRING PROVIDER: Please fill in the information below. This form can be faxed directly to CDI at one of the numbers below.

Today's Date:		Referring Office Contact:		Phone:	Fax:
Patient Name:		Insurance Name:			
Patient's Home Ph:		Insurance Group/Member #s:			
Patient's Work Ph:		Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female			
Patient's DOB: / /					
REFERRING PHYSICIAN INFORMATION			IMAGING PROVIDER INFORMATION		
Clinic Name:			CENTER FOR DIAGNOSTIC IMAGING (CDI)		
Physician Name:			Phone: 320.251.0609		
Location/Address:			Fax: 320.251.3806		
Phone #:			Preferred CDI Location (check one):		
			<input type="checkbox"/> St. Cloud NorthWest <input type="checkbox"/> St. Cloud South		
			<input type="checkbox"/> Sartell <input type="checkbox"/> Alexandria		

IMAGING PROCEDURE: MRI CT X-RAY ULTRASOUND MAMMOGRAPHY

BODY PART TO BE STUDIED: _____ RIGHT LEFT BOTH

Contrast and reconstructions as indicated by the radiologist, or: No contrast W & WO contrast With contrast only
 With reconstructions Without reconstructions

DIAGNOSTIC/THERAPEUTIC PROCEDURE: ARTHROGRAM BURSA INJECTION DISCOGRAM EPIDURAL STEROID INJECTION
 FACET JOINT INJECTION FACET NERVE INJECTION MYELOGRAM NERVE ROOT BLOCK TRIGGER POINT INJECTION
 RADIOFREQUENCY (RF) RHIZOTOMY OTHER: _____

BODY PART TO BE STUDIED/TREATED: _____ RIGHT LEFT BOTH

NOTES: _____

CLINICAL INFORMATION (ALL INFO MUST BE COMPLETED FOR PRE-NOTIFICATION PROCESS AS EXPLAINED ABOVE)

1. Patient's diagnosis or symptoms (include duration, frequency, and intensity):
2. What is the physician suspecting or ruling out with the requested study?
3. Has the patient received treatment for the above symptoms? (Include duration and type of treatment.)
4. List any previous relevant testing (i.e. labs, diagnostic imaging, or other test), and results:
5. Is this injury related? Yes No If yes, date and type of injury:
6. Is study part of a standard post-chemo/radiation protocol in a patient with a prior cancer diagnosis?
 Yes No If yes, cancer type:

PHYSICIAN SIGNATURE:

(REQUIRED)

Please note: CDI offers a full range of diagnostic imaging procedures, including MRI, CT, Nuclear Medicine, PET/CT, X-Ray and Ultrasound. This limited order form is meant to assist with orders for the most common medical imaging exams. CDI also offers diagnostic and therapeutic injections to assist with diagnosing and treating back, neck and joint pain. For more information, go to www.CDIradiology.com or call us at one of the numbers above. Thank you.