



Discogram Consent

Adult (18 years and over)

Facility:

(Affix identification label here)

URN:

Family name:

Given name(s):

Address:

Date of birth:

Sex: M F I

A. Does the patient have capacity to provide consent?

- Yes → **GO TO section B**
 No → **COMPLETE section A**

You must adhere to the Advance Health Directive (AHD), or if there is no AHD, the consent obtained from a substitute decision-maker in the following order: Category 1. Tribunal-appointed guardian; 2. Enduring Power of Attorney; or 3. Statutory Health Attorney.

Name of substitute decision-maker:

Category of substitute decision-maker:

B. Is an interpreter required?

- Yes No

If yes, the interpreter has:

- provided a sight translation of the informed consent form in person
 translated the informed consent form over the telephone

It is acknowledged that a verbal translation is usually a summary of the text on the form, rather than word-by-word translation.

Name of interpreter:

Interpreter code:

Language:

C. Patient/substitute decision-maker confirms the following procedure(s)

I confirm that the referring doctor/clinician has explained that I have been referred for the following procedure:

Discogram: Yes No

Site/side of procedure:

Name of referring doctor/clinician:

D. Risks specific to the patient in having a discogram

(Doctor/clinician to document additional risks not included in the patient information sheet):

E. Risks specific to the patient in *not* having a discogram

(Doctor/clinician to document specific risks in not having a discogram):

F. Alternative procedure options

(Doctor/clinician to document alternative procedure not included in the patient information sheet):

G. Information for the doctor/clinician

The information in this consent form is not intended to be a substitute for direct communication between the doctor/clinician and the patient/substitute decision-maker.

I have explained to the patient/substitute decision-maker the contents of this form and am of the opinion that the information has been understood.

Name of doctor/clinician:

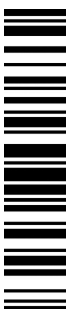
Designation:

Signature:

Date:

DO NOT WRITE IN THIS BINDING MARGIN

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DISCOGRAM CONSENT



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H. Patient/substitute decision-maker consent

I acknowledge that the doctor/clinician has explained:

- the 'Discogram' patient information sheet
- the medical condition and proposed treatment, including the possibility of additional treatment
- the specific risks and benefits of the procedure
- the prognosis, and risks of not having the procedure
- alternative procedure options
- that there is no guarantee the procedure will improve the medical condition
- that if a life-threatening event occurs during the procedure, I will be treated based on documented discussions (e.g. AHD or ARP [Acute Resuscitation Plan])
- that a doctor/clinician other than the consultant/specialist may assist with/conduct the clinically appropriate procedure; this may include a doctor/clinician undergoing further training under supervision
- that if the doctor/clinician wishes to record video, audio or images during the procedure where the recording is not required as part of the treatment (e.g. for training or research purposes), I will be asked to sign a separate consent form. If I choose not to consent, it will not adversely affect my access, outcome or rights to medical treatment in any way.

I was able to ask questions and raise concerns with the doctor/clinician.

I understand I have the right to change my mind regarding consent at any time, including after signing this form (*this should be in consultation with the doctor/clinician*).

I/substitute decision-maker have received the following consent and patient information sheet(s):

- 'Discogram'
- 'About Your Anaesthetic'

On the basis of the above statements,

1) I/substitute decision-maker consent to having a discogram.

Name of patient/substitute decision-maker:

Signature:

Date:

2) Student examination/procedure for professional training purposes:

For the purpose of undertaking training, a clinical student(s) may observe medical examination(s) or procedure(s) and may also, subject to patient/substitute decision-maker consent, assist with/conduct an examination or procedure on a patient while the patient is under anaesthetic.

I/substitute decision-maker consent to a clinical student(s) undergoing training to:

- observe examination(s)/procedure(s) Yes No
- assist with examination(s)/procedure(s) Yes No
- conduct examination(s)/procedure(s) Yes No

A copy of this patient information sheet should be given to the patient or substitute decision-maker to read carefully and allow time to ask any questions about the procedure. The consent form and patient information sheet should be included in the patient's medical record.

In this information sheet, the word 'you' means the patient unless a substitute decision-maker is providing consent on behalf of the patient, in which case the word 'you' means the substitute decision-maker when used in the context of the person providing consent to the procedure.

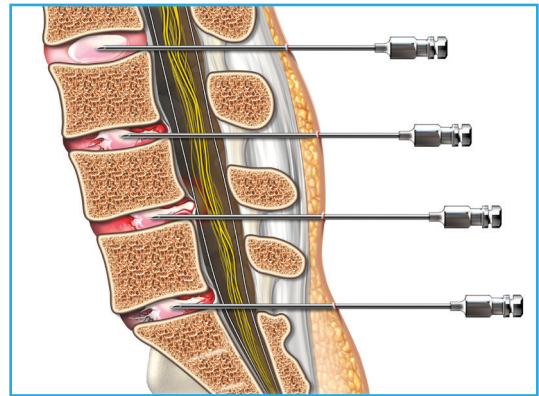


1. What is a discogram and how will it help me?

A discogram is an x-ray procedure used to see if your back or neck pain may be caused by one or more discs in your spine. Discs should act like shock absorbers between the bones in your spine (vertebrae) but sometimes they become damaged, weak or displaced.

Iodinated contrast (also known as x-ray dye) is injected into the discs, suspected to be causing your pain, to reproduce the pain that you experience. Contrast allows your discs to be seen more clearly on the x-ray images.

This procedure will require the injection of local anaesthetic and possibly mild sedation. You will need to be awake enough to describe the pain that you are feeling. The procedure may cause some discomfort or pain, but it will not be unbearable.



*Image: L2-S1 lumbar spine discogram.
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Preparing for the procedure

The Medical Imaging department will give you instructions on how to prepare for the procedure. It is important to follow the instructions that are given to you. Your procedure might be delayed if you don't follow all the preparation steps.

Medical imaging staff will notify you beforehand if you are required to stop taking any blood thinning medicine. List or bring all your prescribed medicines, those medicines you buy over the counter, herbal remedies and supplements to show the doctor/clinician what you are taking.

This procedure will require the use of a local anaesthetic and possibly a mild sedation. If you received sedation and are being discharged on the same day, you cannot drive and you must have someone available to escort you home.

Do not drink alcohol, smoke, vape or take recreational drugs for at least 24 hours before the procedure as these may alter the effects of the sedation anaesthetic.

Please tell the doctor/clinician if you are:

- breastfeeding or pregnant, or suspect that you may be pregnant
- a drug or medication dependence.

On the day of the procedure

- Nothing to eat or drink ('nil by mouth'): you will be told when to have your last meal and drink. Do NOT eat (including lollies), drink or chew gum after this time otherwise your procedure may be delayed or cancelled. This is to make sure your stomach is empty so that if you vomit, there will be nothing to go into your lungs.
- If you take medicines, most should be continued before a procedure and taken at the usual time, even on the day of the procedure, with a sip of water. There are some important exceptions:
 - your doctor/clinician will provide specific instructions about your medicines
 - take to the hospital all your prescribed medicines, those medicines you buy over the counter, herbal remedies and supplements. This may include and is not limited to blood thinning medicines, the contraceptive pill, antidepressants and/or medicines for treating diabetes (e.g. insulin).
- If you feel unwell, telephone the Medical Imaging department for advice.
- Tell your doctor/clinician if you have:
 - health problems (e.g. diabetes, high blood pressure, infectious diseases, serious illnesses), including if undergoing regular treatment
 - had previous problems and/or known family problems with anaesthesia
 - false teeth, caps, loose teeth or other dental problems
 - allergies/intolerances of any type and their side effects.
- You will be required to change into a hospital gown and remove some of your jewellery. Your belongings will be kept in a safe location during the procedure.

Sedation

Sedation is the use of medicines that help make you feel relaxed and drowsy for your procedure. You may remember some or little about what has happened. You may still be aware of your surroundings and should be able to follow simple instructions, such as holding your breath when instructed by the doctor/clinician.

If you are booked for sedation, please read the information sheet *About Your Anaesthetic*. If you do not have one of these information sheets, please ask for one.

During the procedure

A fine needle (I.V. cannula) may be inserted into a vein in your arm, this will be used to administer any medication or fluids required during the procedure.

Routine observations, such as heart rate and blood pressure, will be taken before the start of the procedure.

Images will be taken of the procedure site and your skin may be marked by using a pen. The skin around the site will be cleaned and a sterile drape applied to cover your body. Local anaesthetic will be injected to numb the skin at the procedure site.

Using x-ray and Computed Tomography (CT) images as a guide, the doctor/clinician will insert a fine needle through your skin and tissue, into the intended disc. You must remain as still as possible. At times, you may be asked to hold your breath. When the needle is inside the spinal disc, the contrast will be injected. This process will be repeated if you are having multiple discs examined.

You may feel moderate back pain as the contrast is injected. You will be asked about this pain as it gives useful information to your treating team. If the pain that occurs when the contrast is injected is familiar and felt every day, it indicates that the disc is causing the pain. If the pain feels different, it indicates that the disc is not causing the pain.

At the end of the procedure, the needle(s) will be removed and a dressing will be applied to the puncture site(s).



2. What are the risks?

In recommending the procedure, the doctor/clinician believes that the benefits to you from having the procedure exceed the risks involved. There are risks and possible complications associated with the procedure which can occur with all patients – these are set out below.

There may also be additional risks and possible complications specific to your condition and circumstances which the doctor/clinician will discuss with you. If you have any further concerns, please ensure that you raise them with the doctor/clinician prior to giving consent to the procedure.

Common risks and complications

- minor pain, bruising and/or infection from the I.V. cannula
- pain or discomfort at the puncture site
- bleeding or bruising could occur. Bleeding or bruising is more common if you have been taking blood thinning medicines, such as warfarin, aspirin, clopidogrel (Plavix, Iscover, Coplavix), prasugrel (Effient), dipyridamole (Persantin or Asasantin), ticagrelor (Brilinta), apixaban (Eliquis), dabigatran (Pradaxa), rivaroxaban (Xarelto) or complementary/alternative medicines, such as fish oil and turmeric
- failure of local anaesthetic which may require a further injection of anaesthetic or a different method of anaesthesia
- nerve damage, is usually temporary, and should get better over time.

Uncommon risks and complications

- infection, requiring antibiotics and further treatment
- damage to surrounding structures such as blood vessels, organs and muscles, requiring further treatment
- an allergy to injected medications or contrast may occur, requiring further treatment
- the procedure may not be possible due to medical and/or technical reasons.

Rare risks and complications

- injury to the spinal cord. This may require surgery
- permanent nerve damage with possible paralysis
- injected contrast may leak outside of the disc, and into the spinal canal. This may require treatment
- injury to the spinal disc may require other procedures and/or corrective surgery
- seizures and/or cardiac arrest due to local anaesthetic toxicity

- death because of this procedure is very rare.

If sedation is given, extra risks include:

- faintness or dizziness, especially when you start to move
- fall in blood pressure
- nausea and vomiting
- weakness
- heart and lung problems, such as heart attack or pneumonia
- stroke resulting in brain damage.

Risks of radiation

The risks of radiation exposure from this procedure need to be compared to the risks of your condition not being treated. Exposure to radiation may cause a slight increase in the risk of cancer to you over your lifetime. However, the potential risk is small compared to the expected benefit of this procedure¹.

What are the risks of not having a discogram?

There may be adverse consequences for your health if you choose not to have the proposed procedure. Please discuss these with the referring doctor/clinician.

If you choose not to have the procedure, you will not be required to sign a consent form.

If you have signed a consent form, you have the right to change your mind at any time prior to the procedure. Please contact the doctor/clinician to discuss.



3. Are there alternatives?

Making the decision to have a procedure requires you to understand the options available. Please discuss any alternative procedure options with your doctor/clinician before signing the consent form.



4. What should I expect after the procedure?

Your healthcare team will talk to you about what to expect after your procedure and upon discharge from hospital.

You may require pain relief, if the procedure has successfully reproduced your back pain.

The recovery time varies depending on your pain level and the sedation given. It can vary between 30 minutes and 2 hours. The I.V. cannula will be removed after you have fully recovered, if it is no longer required. Staff will discuss with you what level of activity is suitable after your procedure.

Go to your nearest Emergency department or GP (your local doctor) if you become unwell or have:

- pain, unrelieved by simple pain relief medicines
- continuous bleeding, swelling, redness or inflammation at the puncture site
- fever
- other warning signs the doctor/clinician may have asked you to be aware of.

If you had sedation, this will affect your judgement for about 24 hours. For your own safety:

- Do NOT drive any type of car, bike or other vehicle.
- Do NOT operate machinery including cooking equipment.
- Do NOT make important decisions or sign a legal document.
- Do NOT drink alcohol, smoke, vape or take recreational drugs. They may react with the anaesthetic medications.

You will receive the results from this procedure from your treating team. Please make an appointment, if you do not already have one.



5. Who will be performing the procedure?

Medical Imaging departments include multidisciplinary teams, comprising of doctors, radiographers, nuclear medicine technologists, sonographers, nurses and medical imaging assistants. All or some of these professionals may be involved in your procedure.

A doctor/clinician other than the consultant/specialist may assist with/conduct the clinically appropriate procedure. This could include a doctor/clinician undergoing further training, however all trainees are supervised according to relevant professional guidelines.

If you have any concerns about which doctor/clinician will be performing the procedure, please discuss this with the doctor/clinician.

For the purpose of undertaking professional training in this teaching hospital, a clinical student(s) may observe medical examination(s) or procedure(s) and may also, subject to your consent, assist with/conduct an examination or procedure on you while you are under anaesthetic.

You are under no obligation to consent to an examination(s) or a procedure(s) being undertaken by a clinical student(s) for training purposes. If you choose not to consent, it will not adversely affect your access, outcome or rights to medical treatment in any way.

For more information on student care, please visit www.health.qld.gov.au/consent/students.



6. Where can I find support or more information?

Hospital care: before, during and after is available on the Queensland Health website www.qld.gov.au/health/services/hospital-care/before-after where you can read about your healthcare rights.

You can also see a list of blood thinning medications at www.health.qld.gov.au/consent/bloodthinner.

Further information about informed consent can be found on the Informed Consent website www.health.qld.gov.au/consent. Additional statewide consent forms and patient information sheets are also available here.

Staff are available to support patients' cultural and spiritual needs. If you would like cultural or spiritual support, please discuss this with your doctor/clinician.

Queensland Health recognises that First Nations People's culture must be considered in the patient's clinical care to ensure their holistic health and individual needs are met.



7. Questions

Please ask the doctor/clinician if you do not understand any aspect of this patient information sheet or if you have any questions about your proposed procedure.

If you have further questions prior to your appointment, please contact the Medical Imaging department via the main switchboard of the facility where your procedure is booked.



8. Contact us

In an emergency, call Triple Zero (000).

If it is not an emergency, but you have concerns, contact 13 HEALTH (13 43 25 84), 24 hours a day, 7 days a week.

References:

1. Australian Radiation Protection and Nuclear Safety Agency (ARPANSA). Ionising radiation in our everyday environment, 2021. Available from www.arpansa.gov.au