

Going Home After Your Lumbar Puncture

Name: _____

What is a lumbar puncture?

- A lumbar puncture is also called a spinal tap
- The doctor uses a needle to withdraw fluid from the space around your spinal cord

How is the test performed?

- You will lie flat on your stomach on the x-ray table
- The doctor will clean the skin
- The doctor freezes a small area on your lower back
- A needle is placed through the skin of your back into the space around your spinal cord
- A sample of fluid is taken
- The fluid is sent to the laboratory for testing
- Your doctor will tell you the results of the tests in a few days

After the procedure:

- You will lie flat on your back for 1 or 2 hours after the test
- This will lessen the chance of a headache
- The nurse will be taking your blood pressure and pulse
- The nurse will check your bandage for any sign of bleeding

What about when I go home?

- Drink plenty of fluids to help your body replace the spinal fluid that was removed

Go to the closest emergency if you have:

<p>A sudden severe headache A change in your level of consciousness</p>

Contact your doctor's office for a follow-up appointment.

Questions or Concerns:

Health Link BC: 811

(604) 215-2400

Hearing Impaired: 1 866 889-4700

Or, contact your physician

In an Emergency: Call 911 or go to the hospital emergency room