

## Lumbar Puncture

This instruction sheet has been prepared by Faith Regional Health Services. It includes the basic points of your care. If you have any questions, please feel free to contact them at 402-644-7540.

### **LET YOUR HEALTH CARE PROVIDER KNOW IF YOU ARE PREGNANT OR MAY BE PREGNANT.**

Your Health Care Provider has ordered a test called a Lumbar Puncture (spinal tap). This test is usually performed in your lower back, or lumbar area. A lumbar puncture can aid your Health Care Provider in diagnosing serious infections, disorders of the central nervous system or cancers of the brain or spinal cord.

#### **During your exam:**

You will need to remove any metallic objects from the area where the injection will occur. This may require you to change into a gown for the procedure. The Registered Radiologic Technologist will explain the procedure, answer any questions, and have you sign a consent form. Once you are lying on the x-ray table the Radiologist will use an antiseptic to clean the location on your skin where the injection will occur. Then the Radiologist will use a medication to “numb” the area of the injection. A needle will be placed in the joint space using x-ray images to ensure proper location. During the lumbar puncture, a needle is inserted between two lumbar bones (vertebrae) to remove a sample of cerebrospinal fluid. The fluid that is collected will then be taken to the lab for testing.

**Follow these instructions carefully so your exam will not have to be rescheduled.**

#### **How to prepare for the exam:**

- Must have a CT or MRI of the head within 30 days of scheduled lumbar puncture.
  - FRHS x-ray department must have a copy of the images prior to lumbar puncture procedure.
  - CT or MRI can be done the same day prior to your test at FRHS.
- **Do not** take any Plavix or Pradaxa for **7days** prior to your exam.
- **Do not** take any ASA, NSAIDS, Fish Oil, or Ginko for **5 days** prior to your exam.
- **Do not** take any Coumadin for **5days** prior to your exam.
- **Do not** take any Lovenox for **24 hours** prior to your exam.
- **Do not** eat or drink anything (**NPO**) for **6hours** prior to your exam.
- **You will need** to bring a driver with you on the day of your exam.
  
- Lab work needed 72 hours prior to exam: PT, PTT, INR, and CBC.
- **Required 2 HOUR OBSERVATION** at FRHS in the CDU following the exam.

**If you are having lab work done the day of your exam, you will need to check in 1 hour early to ensure lab results prior to your scheduled exam.**

**Additional Information:**

- The procedure is performed at FRHS West Campus Radiology Department.
- Enter the Main Entrance to FRHS and check in at the admitting desk.
- **Check in 1 hour prior to appointment time to have lab work completed.**

Date and time of your exam: \_\_\_\_\_

Check into admitting desk at: \_\_\_\_\_

**THESE INSTRUCTIONS WERE VERBALIZED AND GIVEN TO ME, AND I UNDERSTAND.**

**Signature:** \_\_\_\_\_

Results of your exam may take 24 to 48 hours to reach your provider and will be discussed with you at your next scheduled office appointment. If you do not have an appointment scheduled and have not heard from your provider, please contact them after 48 hours to set up an appointment to discuss your results.