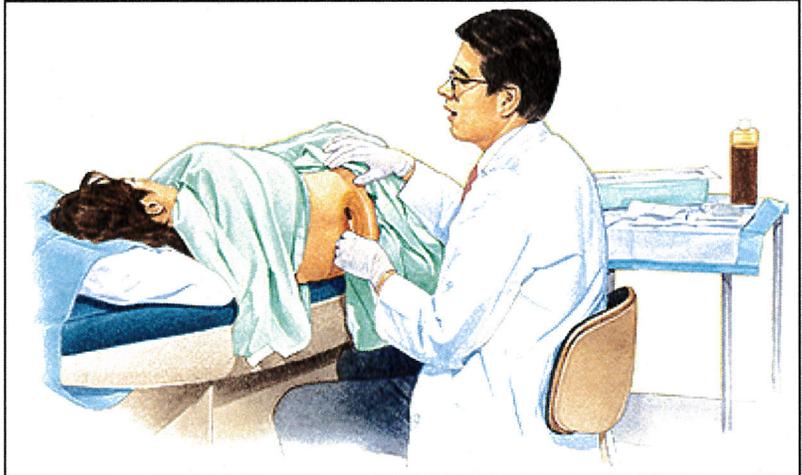


Lumbar Puncture Discharge Instructions

1. Go home and rest for the next 12 - 24 hours. You may get up for a few minutes to use the bathroom or to eat meals. Do not bend or twist your back. Do not lift anything heavier than a gallon of milk. You may go back to your normal activity the next day.
2. You may go back to your normal diet when the test is over. Drink extra water or juice today. Do not drink alcohol for 24 hours.
3. Keep the puncture site clean and dry. If the band-aid becomes wet, replace with a dry band-aid. You may remove the band-aid and shower the next day.
4. Please call your doctor if you develop a temperature of more than 101 degrees. Also, tell your doctor about any redness, swelling, pain or drainage from the puncture site.
5. Continue taking your medicine or pills that you took before your test. Do not drive or use machinery while taking pain pills.
6. If you get a headache, keep drinking lots of water or juice. You may take Tylenol as directed.
7. If you have a headache that does not go away, please call your doctor. If you need to see your doctor, please bring this discharge instruction sheet with you.
8. The results of your lumbar puncture will be sent to your doctor. Please call for an appointment and go to see the doctor to get the results of your test.
9. Do not drive today.



If you have any questions or problems after you go home, please call your doctor at:
