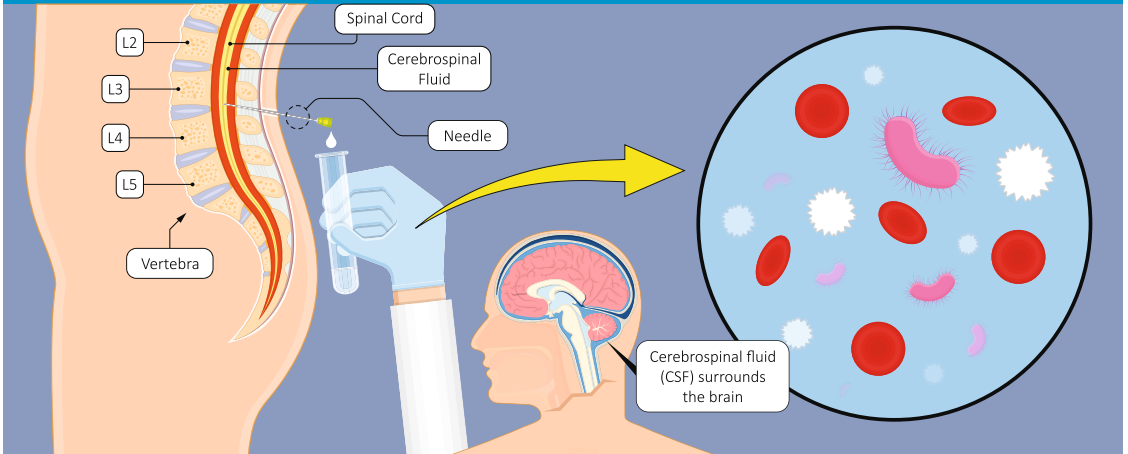


## LUMBAR PUNCTURE

A procedure in which doctor collects a sample of cerebrospinal fluid which can be tested in the lab for diseases of the brain and spinal cord.



1. Please inform your doctor if you are on blood thinners or history of bleeding tendencies.
2. You are settled comfortably in an area where your privacy is respected throughout the procedure.
3. Doctor will ask you to lie on your side and fold your legs, so that your back is curved in a C shape, then will disinfect your back with an antiseptic solution and numb it with local anaesthesia which is injected into the lower back area.
4. A hollow needle is inserted into your lower spinal cord to collect a small sample of cerebrospinal fluid.
5. The procedure area is then covered with Dynaplaster which can be removed next day.
6. The entire procedure generally takes around 30 to 45 minutes.
7. After the procedure, doctor will ask you to lie down for an hour, under observation.
8. Sometimes you may experience a slight headache after the procedure which usually subsides in 1 or 2 days' time and you must not use a pillow while sleeping for 24 hours after the procedure.
9. Drink plenty of water and fluids.
10. Rest for 24 hours post procedure and do not sit for long for couple of days.