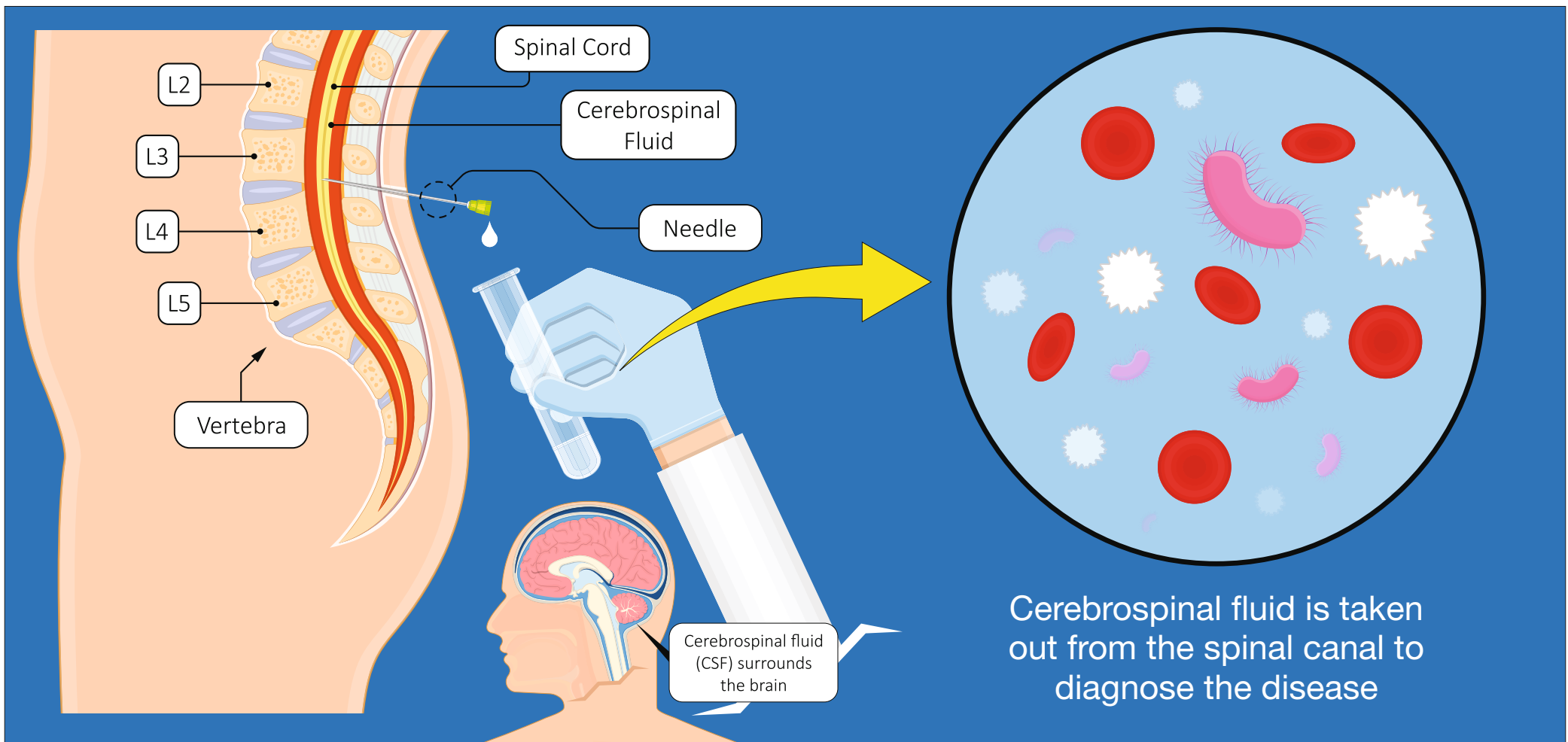




LUMBAR PUNCTURE



Overview:

Our brain and spinal cord are surrounded by fluid called cerebrospinal fluid. Lumbar puncture is 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.

Pre Procedure:

- Please inform your doctor if you are on blood thinners or history of bleeding tendencies.

During Procedure:

- You are settled comfortably in an area where your privacy is respected throughout the procedure. You will be given a hospital gown to change into.
- Doctor will ask you to lie on your side and fold your legs, so that your back is curved in a C shape.
- Then doctor will disinfect your back with an antiseptic solution and numb it with local anaesthesia which is injected into the lower back area.
- A hollow needle is inserted into your lower spinal cord to collect a small sample of cerebrospinal fluid.
- The procedure area is then covered with Dynaplaster.
- The entire procedure generally takes around 30 to 45 minutes.

Post Procedure:

- After the procedure, doctor will ask you to lie down for an hour, under observation, after which you may leave.
- You may experience minimal pain during the procedure, but this procedure is generally safe.
- Sometimes you may experience a slight headache after the procedure which usually subsides in 1 or 2 days' time.
- You must not use a pillow while sleeping for 24 hours after the procedure.
- Drink plenty of water and fluids.
- You may remove the Dynaplaster the next day, after bath.
- You must be on complete rest for 24 hours, post procedure.
- Do not sit for long periods, post the procedure, for a couple of days.