

SPINAL PUNCTURE

PREPARATION

Nothing to eat or drink for 4 hours prior to your test

PROCEDURE

A lumbar puncture, also called a spinal tap, is a medical procedure in which a needle is inserted into the spinal canal, most commonly to collect cerebrospinal fluid for diagnostic testing or medication is injected. This may cause some discomfort or a minor headache. The spinal cord is not touched by the needle during the test.

After the test

You will be monitored for a few hours.

For the first 24 hours after the test you should remain flat on your back as much as possible.

Drink at least 2 1/2 liters of fluid.

Notify your Doctor if you experience any drainage from the puncture site, or headache.

Time to perform: 30 minutes