

Lumbar Puncture

Discharge Instructions

You may be up and around after you go home but should not do any strenuous activities such as lifting, jogging, heavy chores at home or at work.

Most people do not have a headache after a lumbar puncture. If you do have a headache, simply lie down flat. If the headache returns when you stand up, lie back down.

Drink 8 to 10 glasses of clear fluid each day (water, apple juice, cranberry juice, ginger ale, a cup or two of coffee or caffeinated tea, etc.). This may help to prevent a headache and will help a headache if you do have one.

You may take pain pills if you wish. Use whatever pills you normally use, such as Tylenol, Aspirin, Advil, etc.

Keep the bandaid dry for the first night. You may shower or bathe the next day. Remove the bandaid from your back the morning after the lumbar puncture. Do not leave the bandaid on any longer. Do not put on another bandaid.

** If any of the following happen call the doctor who did your test right away, at 604-875-4111. If your doctor is not available, ask to speak to the doctor on call. If you cannot reach either doctor, come to the Emergency Department at Vancouver General Hospital. **

- ◆ Sudden fever, chills, or stiff neck.
- ◆ Signs of infection at the site of the puncture on your back (redness, pain, pus, drainage of any kind).
- ◆ Headache that lasts for more than 3 days or keeps getting worse or makes it hard for you to do your normal activities.
- ◆ Loss of strength or feeling in your legs.
- ◆ Problems passing urine.

Day Bed Area 604-875-4078

Jim Pattison Pavilion

Hours of Operation 7:00 a.m. - 7:00 p.m. Monday to Friday

**Vancouver General Hospital 604-875-4111
899 West 12th Avenue Vancouver, B.C. V5Z 1M9**

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