

## FLUOROSCOPY GUIDED LUMBAR PUNCTURE

Patient: \_\_\_\_\_ Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_ am/pm

Location: Diagnostic Imaging Department, lower level at Mankato Clinic  
1230 East Main Street, Mankato, MN 56001  
Please enter the Mankato Clinic front door (marked #50)

### Please check in at the Diagnostic Imaging Department.

If you are unable to keep your appointment or have questions, please call (507) 389-8570.

### What is a Fluoroscopy Guided Lumbar Puncture?

This procedure is performed by a radiologist who uses low dose X-ray pictures to guide a needle into the lower back to remove a small amount of cerebrospinal (CSF) fluid and measure pressure. This fluid protects the spinal cord and brain from injury. If your provider has ordered further testing, the fluid may be sent to the lab for analysis. Sometimes medication is injected for therapeutic reasons.

### How do I prepare for the procedure?

- **Before scheduling your procedure, please tell your provider if you are:**
  - Pregnant or think you may be pregnant.
  - Taking an antibiotic for an active infection or fever
  - Prefer a sedative to help relax during the procedure.
  - Need to have lab work done the same day as the procedure.
  - Taking blood thinners including some over the counter pain relievers and herbal supplements
- Please contact your insurance company directly if you have questions about the coverage of this procedure
- **Day of the procedure:**
  - **It is important to drink a lot of fluids the day before and the day of the procedure, up until 2 hours before your exam. During the 2 hours prior to your procedure, please avoid all food, drink, gum, candy, and nicotine. You may eat a light meal at least 4 hours prior to the exam. Do not consume alcohol for at least 24 hours prior to and following the exam.**
  - Allow up to 2 hours for this procedure.
  - You must have a driver to take you home. If your drive is longer than 30 minutes, you will need to be in a reclined position using a pillow for support. You cannot drive for 24 hours after the procedure. Arriving late or without a driver may result in rescheduling your procedure.
  - Please do not take any multivitamins or dietary supplements 12 hours prior to procedure.
  - If you are diabetic and use insulin, take your usual dose with your normal meal. When you arrive for your exam, please inform the Technologist that you are diabetic and the time of your last insulin dose and meal.
  - Prior to the exam, inform the Technologist if you have any allergies to medications or contrast dye.

## What will happen during the procedure?

- You will be asked to empty your bladder and change into a gown. A technologist will assist you by positioning you on a table and will keep you comfortable during the procedure. You will be asked to remain as still as possible during the procedure.
- The area on your lower back will be marked and the skin will then be cleansed with antiseptic swabs to remove surface bacteria. Sterile cloths are placed around the area to create a sterile field.
- The Radiologist injects a local anesthetic called lidocaine to numb the area where the needle will be placed. You may feel a slight sting and pressure with this. The lidocaine starts to work in a short time and you should only feel a pressure sensation with the procedure.
- A needle is then inserted into the spinal canal, spinal fluid is collected, and sent to the lab for testing if your provider has ordered further testing.
- Pressure will be applied to the injection site to stop any bleeding or drainage, and then covered with a band aid. Keep the band aid clean and dry. If it becomes soiled, you may replace it. After 24 hours, you may remove it and then take a full shower. Do not swim or soak the area in the bathtub for 2 days.
- You will remain lying flat for up to 60 minutes following the procedure and given a caffeinated beverage or water. This allows your body time to replace the fluid that was collected and will minimize the chance for a spinal headache.

## What should I expect after the procedure?

- **Once you are home, you will want to lay down as flat as possible for 4-6 hours to minimize the chance for a spinal headache. For the remainder of the day, quiet activities are recommended.**
- **You may resume your normal daily activities the day after the procedure.**
- **Do NOT perform any strenuous activities for a least 24-48 hours including strenuous exercise, house cleaning, and yard work.**
- **You will be instructed to drink plenty of fluids, including caffeinated beverages, and to eat salty foods like potato chips to decrease the chance of developing a spinal headache.**
- You may have a minor headache and some discomfort or bruising at the injection site. The site discomfort may last for several days. The bruising may last for a week or more.
- You may have temporary pain, numbness, or tingling of your legs or lower back.
- You will be instructed to take acetaminophen (Tylenol) or ibuprofen as directed for headache and injection site discomfort. A cool pack or heating pad may also decrease injection site discomfort.
- If you develop a headache or your headache worsens after starting activity, you should return to resting by lying flat, and increase your fluid and caffeine intake (unless your provider has instructed you to avoid caffeine). Post-procedure headaches can last from a few hours to more than a week and may be accompanied by nausea, vomiting, and dizziness. These symptoms usually improve after lying down and resting.
- Avoid any heavy lifting, twisting, bending, or strenuous exercise for one week after the procedure to allow the puncture site to heal.
- You may resume your regular diet, regular medications, and drink plenty of fluids unless you have been given other instructions.
- You will be given detailed instructions and a written information sheet following the procedure.
- Your provider will receive the results and contact you with the results. You may already have an appointment scheduled to review the results.

## What are the risks of this procedure?

This procedure involves the spinal cord and brain. The following complications are possible:

- A small amount of CSF fluid can leak from the needle insertion site. This can cause spinal headaches after the procedure. If the leak continues, your headache can be severe.
- There is a slight risk of infection because the needle breaks the skin surface, providing a possible way for bacteria to enter the body. Please inform your provider or the Technologist of any skin conditions or infections in the lower back area prior to the procedure.
- Bleeding may occur in the spinal canal or you may develop a blood collection called a hematoma. The hematoma will gradually reabsorb and rarely requires surgical drainage.