

After your lumbar puncture

Today you have had a lumbar puncture. This leaflet gives you guidance following the procedure. We advise:

- After the procedure, lie down flat for at least half an hour.
- Before leaving the hospital, get up and walk around your bay to ensure that you are ready for your journey home. Inform your nurse when you intend to leave.
- Do not drive for the next 24 hours
- Over the next 48 hours, try to drink 3 litres of fluid a day. This helps replace fluid taken in the procedure.
- Remove the plaster on your back after 24 hours. The iodine used to clean your back will wash away after a few days.
- Some people experience a headache after a lumbar puncture. You can take paracetamol 1 gram (2 tablets), as long as you are not allergic to this drug. DO NOT take more than 4 grams (8 tablets) in 24 hours. You may also find it more comfortable to rest on your bed until the headache lessens.
- Increasing your caffeine intake may also reduce headaches, therefore drinking a lot of strong coffee can help.
- In some cases some people experience a headache for up to 5 days and, exceptionally, up to 10 days following the procedure. If you feel the severity of your headache has not lessened during this time, please contact your GP or local hospital for further advice.

Contact your local hospital or GP for advice if you have any of the following symptoms:

- Vomiting
- Nausea
- Fever
- Photophobia (bright lights hurting your eyes)

If you have any other queries, contact the ward (020 7830 2719).

Specific instructions from your doctor relating to you:

Name of doctor performing procedure: _____ Bleep: _____

Name:	
Hospital number:	
Date of procedure:	