Mersey and West Lancashire Teaching Hospitals NHS Trust

Lumbar puncture

Patient information leaflet

If you need this information in a different language or accessible format, please speak to a member of staff who can arrange it for you

Якщо вам потрібна ця інформація іншою мовою або в доступному форматі, зверніться до співробітника, який зможе це для вас організувати

إذا كنت بحاجة إلى هذه المعلومات بلغة مختلفة أو بصيغة مُيسَّرة، فيرجى التحدث إلى أحد العاملين والذي سيقوم بترتيب ذلك لك.

如果您需要其他語言或無障礙格式的資訊，請聯繫工作人員，他們將為您安排。

இந்தத் தகவலானது உங்களுக்கு வேறொரு மொழியிலோ அல்லது எளிதில் அணுகக்கூடிய வடிவத்திலோ தேவைப்பட்டால், அதனை உங்களுக்காக ஏற்பாடு செய்துதரக்கூடிய பணியாளர் ஒருவரிடம் தயவுசெய்து பேசவும்.

Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un format accesibil, vă rugăm să vă adresați unui membru al personalului, care va face demersurile necesare pentru dumneavoastră.

اگر به این اطلاعات به زبانی دیگر یا در قالب دسترس‌پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Se necessitar desta informação numa língua diferente ou num formato acessível, por favor fale com um membro da equipa que poderá organizá-la para si

اگر آپ کو یہ معلومات کسی مختلف زبان یا قابل رسائی فارمیٹ میں چاہیے، تو مہربانی کرکے عملے کے کسی رکن سے بات کریں جو آپ کے لیے اس کا بندوبست کر سکتا ہو۔

Jeżeli niniejsze informacje mają być przekazane w innym języku lub dostępnym formacie, prosimy o kontakt z członkiem personelu, który może to dla Państwa przygotować

ئەگەر پێویستیت بەم زانیارییانە هەیە بە زمانێکی جیاواز یان شێوازێکی تر، تکایە لەگەڵ ئەندامێکی ستافەکە قسە بکە کە دەتوانێت بۆت ڕێکبخات

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What is a lumbar puncture?

A lumbar puncture (LP) is a procedure which involves a thin needle being inserted between the bones of your lower spine to obtain a sample of cerebrospinal fluid (CSF) and to measure the pressure of CSF.

CSF is the fluid that bathes and protects the brain and spinal cord. CSF replenished 2-3 times over in 24hrs therefore the small amount removed during an LP is rapidly replaced. It will be performed by a doctor or Advanced Clinical Practitioner (ACP).

Why am I having a lumbar puncture?

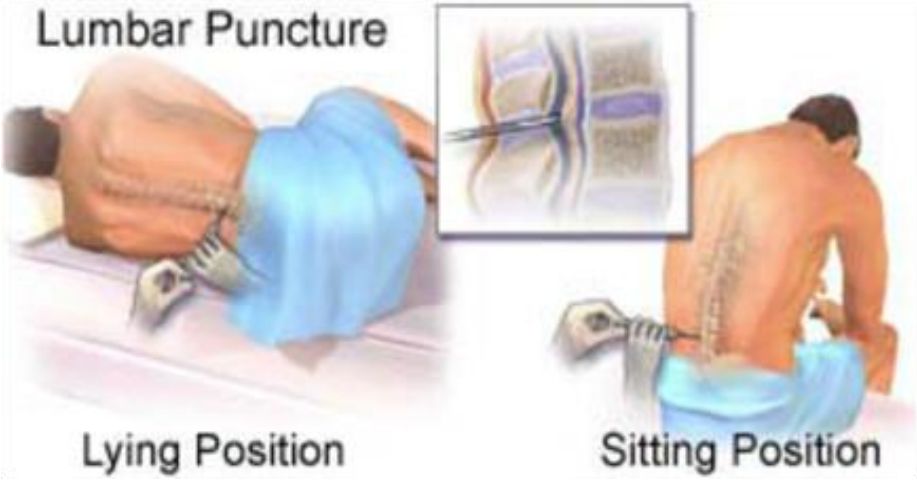
When CSF is analysed and pressure measured it can give us information about a range of conditions which may affect the brain and spinal cord (the central nervous system).

If you are unsure why the procedure is being done ask the person who intends to do it to explain the reasons to you.

You will be asked to sign a consent form prior to the procedure.

How is the test performed?

You may be asked to lie on your side at the edge of the bed, with your knees curled up towards your stomach, or the procedure may be performed with you sitting up with your head resting on a table, supported by a pillow.



Chikusa, 2016

What will I feel?

The skin of the lower back is cleaned with an antiseptic which feels cold and wet.

To numb the area a local anaesthetic (you will be awake during the procedure) is injected under the skin, with a very fine needle, this may sting for a few seconds.

You may feel a sensation of pushing and/or pressure as the lumbar puncture needle is inserted.

You may feel a brief tingling/pushing sensation when the needle is pushed forward, which can be slightly uncomfortable.

It is normal to feel this, often down one leg, and does not indicate that anything is wrong, but please tell the Doctor/ACP if you feel this.

This feeling should stop within a few seconds. It is important to try not to move, once the needle is correctly positioned.

The Doctor/ACP may need to measure the pressure of the CSF fluid and drain some of the fluid off if the pressure is too high.

Samples will also be collected and sent to the laboratory for testing. The procedure usually takes about 20 minutes. After the procedure it helps if you drink plenty of fluids, but you can mobilise around if you wish to.

A sterile dressing will be applied, and you can remove this yourself after 24 hours.

It is not necessary to lie down after the procedure, although if you find your headache worsens on standing lying down may help with this.

What are the side effects and risks?

This is a very safe procedure, and serious side effects are uncommon.

Up to 1 in 3 patients may experience a headache after a Lumbar Puncture, caused by the removal of the CSF. Symptoms are eased by lying down, taking painkillers and drinking fluids.

As with any procedure, where a needle is used, swelling, bruising or bleeding at the site of entry. It is important that you tell the person who will perform the LP, if you have any bleeding disorder or if you

are on any anticoagulants such as Warfarin, Rivaroxaban, Apixaban, Dabigatran or Edoxaban.

Backache, pain and numbness in the legs occurs rarely. This should settle in a few days, by taking simple painkillers. Nerve damage is an exceptionally rare risk.

Infection, this is extremely rare as the procedure is done under sterile conditions. If you develop a temperature, neck stiffness or confusion after a lumbar puncture you should attend the hospital as an emergency.

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance

Please ask a member of staff if you would like a chaperone present during your procedure.

MWL has a zero-tolerance approach to any form of abuse, violence or aggression shown to staff and patients, by patients, visitors or members of the public. We will not tolerate any form of bullying, victimisation, harassment, discrimination, unacceptable and inappropriate behaviour and/or unacceptable and inappropriate language.

All instances of abuse, violence or aggression, no matter how big or small, will be investigated and action taken if necessary.

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