

Lumbar Puncture

Lumbar puncture, also called a spinal tap, is a test where a small amount of fluid is removed from the space around the spinal cord. The fluid is tested for problems.

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or leave alone.

Arrive on time for your test. Plan on being here for about 2 hours. The test takes about 45 minutes.

During the Test

- You will wear a hospital gown.
- You lie on your side at the edge of a table.
- The staff helps you into position. Pull your knees up to your chest. Bend your head down so your chin touches your chest.
- The doctor cleans your lower back. This may feel cold.
- Numbing medicine is put into the skin on your back. This may sting.
- When the skin is numb, a needle is placed between the bones of your spine to get the fluid.
- You may feel some pressure but no pain. Breathe slowly and deeply.
- **While the needle is in place, you must lie very still.**
- Fluid is removed through the needle.
- The needle is taken out and a band-aid is put on the site.



Dheecaan ka soo qaadidda Dabaqanaanta/Dabanicista (Lumbar Puncture)

Lumbar puncture, oo sidoo kale loo yaqaanno *Tubbada Dabaqanaanta/dabanicista (spinal tap)*, waa baaritaan xaddi yar oo dheecaan ah laga saarayo meesha ku hareereysan dabaqanaanta ama dabanicista. Dheecaanka waxaa laga baarayaa dhibaatooyin.

Xubin qof weyn ah oo qoyska ka tirsan ama saaxiib ayaa loo baahan yahay inuu kula yimaado si ay guriga kuugu kaxeeyaan baaritaanka ka dib. Ammaan kuuma ahan in aad baabuur waddo ama aad keligaa baxdo.

Wagtiga ku imow marka lagu baarayo. Qorsheyso in aad meesha joogtid ilaa 2 saacadood. Baaritaanku wuxuu qaadanayaa ilaa 45 daqiiqadood.

Wagtiga Baaritaanka

- Waxaad xiran doontaa goonnada.
- Waxaad ku seexan doontaa miis qarqiis.
- Shaqaaluhu waxay kugu caawin doonaan in aad boos u fadhiisato. Aad jilbaha kor ugu laabto feedhaha. Madaxaaga hoos u laab si markaas gadhkaagu uu u taabto feedhahaaga.
- Takhtarku wuxuu nadiifinayaa dhabarkaaga qaybta hoose. Tan waxaa laga yaabaa in aad qabow ka dareento.
- Daawo kabuubiso ah ayaa maqaarka dhabarkaaga lagaaga duri doonaa. Iney ku xanuunto ayaa laga yaabaa.
- Marka uu maqaarku kabuubsamo, cirbad ayaa la gelin doonaa inta u dhexeysa lafaha dabaqanaanta si dheecaan looga soo saaro.
- Waxaa laga yaabaa in aad dareento xoogaa cadaadis ah laakiin aan xanuun lahayn. Si tartiib ah oo qoto dheer u neefso.
- **Inta ay cirbaddu meesha ku jirto, waa in aad si daggan u jiiftaa.**
- Dheecaan ayaa cirbadda lagu soo qaadayaa.
- Cirbadda waa la soo bixinayaa ka dibna sharooto ayaa meesha la saarayaa.



Lumbar Puncture. Somali.

After the Test

- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- Lie down in the back seat on the ride home.
- Once home, lie down for at least one hour with your head flat or only on one pillow.
- You can get up to go to the toilet.
- Drink plenty of liquids to avoid a headache.
- Test results are sent to your doctor. Your doctor will share the results with you.

Call your doctor **right away** if you have:

- A severe headache
- Nausea or vomiting
- A fever
- Numbness or tingling in your legs
- More back pain

Call 911 **right away** if you have excessive bleeding or drainage at the site.

Talk with your doctor or nurse if you have any questions or concerns.

Baaritaanka ka Dib

- Daawadii waqtigii baaritaanka lagu siiyey hurdo ayey ku galinaysaa. Waxaad u baahan doontaa qof weyn oo qoyska ka tirsan ama saaxiib inuu guriga kuu kaxeeyo iyadoo ammaan kuu ah.
- Kursiga danbe ayaad ku seexan doontaa inta guriga lagu sii wado.
- Markaad guriga gaarto, seexo ugu yaraan hal saac iyadoo madaxu kuu siman yahay ama hal barkin uun ku jiifa.
- Waad kici kartaa si aad musqusha u aaddid.
- Cab cabitaanno fara badan si aad uga fogaatid madax xanuun.
- Natiijooyinka baaritaanka takhtarkaaga ayaa loo diri doonaa. Takhtarkaagu wuxuu kula wadaagi doonaa natiijooyinka.

Isla markiiba wac takhtarkaaga haddii aad isku aragtid:

- Madax xanuun daran
- Lalabbo ama matagid
- Qandho/xummad
- Kabuubyo ama xad-xato lugaha kaa qabata
- Dhabar xanuun badan

Isla markiiba wac 911 haddii isku aragto dhiig bax xad dhaaf ah ama meesha la duray oo uu dhiig ka soo burqanayo.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.

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