

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.



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.

腰椎穿刺

腰椎穿刺，也稱為脊髓穿刺，是在脊髓空隙處取少量液體而進行的檢查。取液體是為了解查問題。

需要一位成年家庭成員或朋友和您同來，並在檢查之後陪您回家。您獨自駕車來或離開不安全。

做檢查請准時到達。預計在此要呆 2 個小時。檢查約需 45 分鐘。

檢查過程

- 您要穿一件醫院的袍子。
- 您側身躺在一張桌子邊上。
- 醫療人員幫您擺好姿勢。
將您的膝部彎曲到您的胸部。
彎下頭使您的下巴觸到您的胸部。
- 醫生清潔您的下背。
可能會有點冷。
- 在您的背部皮膚上塗麻藥。
可能會有刺感。
- 皮膚麻木時，針將刺進脊椎骨之間取得液體。
- 您可能感到有壓迫但沒有疼痛。緩慢地深呼吸。
- **針刺進時，您必須靜躺不動。**
- 液體靠針抽出。
- 針取出後，針刺部位會貼上傷口貼。



檢查之後

- 檢查期間給您服用的藥會使您睏乏。為了您的安全，您需要有一位成年家庭成員或朋友帶您回家。
- 乘車回家時在後座躺下。
- 到家後，頭平放或只用一個枕頭躺至少一小時。

- 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.

- 您可以起身用廁所。
- 多喝流體避免頭痛。
- 檢查結果將送交您的醫生。您的醫生會告知您結果。

如有以下情形，請立刻打電話給您的醫生：

- 嚴重頭痛
- 噁心或嘔吐
- 發燒
- 腿部麻木或刺痛
- 更長時間的背痛

如果針刺部位過度流血或有流出物，立刻撥打 911。

如果您有任何疑問或關注事項，請告知您的醫生或護士。

Lumbar Puncture. Traditional Chinese.

6/2005. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com.