

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.



腰椎穿刺

腰椎穿刺は脊椎穿刺とも呼ばれ、脊椎を取り囲む液体を少量採取して検査する方法です。液体は異常がないかを調べるために検査されます。

検査の後で自宅まで送っていただける方（家族の中で成人の方またはお知り合い）を同伴してください。車を運転したり、ひとりで帰宅することは安全ではありません。

検査時間に遅れないでください。検査のために 2 時間ほど時間を空けておいてください。検査には 45 分ほどかかります。

検査中

- 病院のガウンを着用します。
- 体を横にして診察台の端に寝ます。
- 体が適切な位置にくるように職員がサポートします。膝が胸までくるようにします。顎が胸に触れるようになるまで頭を下げます。
- 医師が背中下部を消毒します。ひんやりとした感触がすることがあります。
- 背中 of 皮膚に麻酔をします。ちくっとすることがあります。
- 皮膚に麻酔がかけられた状態で注射針を脊椎の間に刺して、液体を採取します。
- 圧迫感を感じることもあっても、痛みは伴いません。ゆっくりと深呼吸してください。
- 注射針を刺している間は動かないでください。
- 液体は注射針で吸引して採取します。
- 注射針を抜き、局部に絆創膏を貼ります。



Lumbar Puncture. Japanese.

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.
- Your doctor or nurse may tell you to:
 - ▶ On the ride home, lie flat on your back in the back seat of the car.
 - ▶ At home, lie flat on your back for a few hours.
- 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.

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検査後

- 検査中に投与される薬には眠くなる効果があります。検査後は、家族の中で成人の方またはお知り合いに送っていただいでください。
- 主治医または看護師から次のように指示される場合があります。
 - ▶ 帰る途中の車の中では、後部座席にあおむけになること
 - ▶ 家に着いたら、数時間、あおむけに寝ていること
- 起きてトイレに行くことはできます。
- 水分をたくさんとって、頭痛を防いでください。
- 検査結果は貴方の医師に渡されます。貴方の医師から結果の説明を受けます。

以下の症状が現れた場合は直ちに主治医に連絡してください。

- ひどい頭痛
- 吐き気または嘔吐
- 発熱
- 脚にしびれまたはうずく感じがある
- 腰痛が悪化する

患部から過剰な出血や排膿がある場合、直ちに 911 に電話をして緊急連絡をしてください。

質問や不明な事項については、主治医または看護師にご相談ください。

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