To Prepare

- Talk to your doctor about the medicines you take, including prescription and over the counter medicines, vitamins, minerals or herbal supplements. If you are taking any medicines to thin your blood, you may need to stop or change your medicines before your test.

- You may need to have some blood tests done before this test. Talk to your doctor about when and where you should have the tests done.

- Have an adult drive you to your test and be there to take you home after the test. It is not safe for you to leave after the test by yourself.

- The day of your test, remove any jewelry, including any piercings. Bring a list of all your medicines and your allergies, your insurance card and a photo ID.
During the Test

• You will wear a hospital gown.
• The staff will help you into one of these positions:
  › Lie on your left side with your knees pulled up to your stomach as far as you can.
  › Sit on the side of the bed and lean over a table.
  › Lie on your stomach.
• The doctor cleans your lower back with a special soap. This may feel cold.
• Numbing medicine is put into the skin on your back. This may sting for a few seconds.
• When the skin is numb, a needle is placed between the bones of your spine to get the fluid. The needle does not go into your spinal cord.
• You may feel some pressure but no pain. Breathe slowly and deeply, relax and try not to move.
• While the needle is in place, you must stay very still.
• Fluid is removed through the needle in a slow drip. This may take 5 to 20 minutes based on how much fluid is needed.
• The needle is taken out and a band-aid is put on the site.

After the Test

• You will lie flat for 1 hour. Ask for help to get out of bed if you need to go to the bathroom during this time. Your blood pressure, heart rate and breathing rate will be checked.
• You will need to have an adult family member or friend take you home for your safety.

परीक्षण अवधिमा

• तपाईंले अस्तालकौ गाउन लगाउनु हुनेछ।
• तल दिइएको अवस्थाहरुमध्ये कुनै एक अवस्थामा बस्न वा पालिनको लागि स्थायले तपाईंले मद्दत गर्नेछन्:
  › ढेखेलुङ्गो मेक्स भएर पलिन्जुसेक अनि आफनाँ घुँडाहृङ्गलाई सकेसम्य आफनो भूङ्गीर्तिर स्थानलाई चार्ज गर्नेछस्।
  › ओष्णानको एक छेउमा बस्नुहोस् अनि टेपलमा चार्ज गर्नुहोस्।
  › नेपाली लिब्ल अर्थते घोटे भएर पलिन्जुसेक।
• डक्टरतर्क गर्ने एक विशेष सङ्किमको उपयोग गर्ने तपाईंको ढाको तल्लोपट्टको हिस्सालाई सफा गर्नेछन्। यसले गदाँ चीसो भएको अनुभव हुन सक्छ।
• तपाईंको ढाङो त्वचामा संजूक्ष्म औषध लागाउँछ। यसले केही सेकेन्द्रको लागि डाक्तरलाई गुम्भाउन सक्छ।
• जब सो हिस्साको त्वचा तल्लोपट्टको अवस्थामा पुर्छ, तब द्रव निकालनको लागि तपाईंले मेडिकलको हुङ्गेहुङ्गेको बीमारी सियो घुसानिन्छ। यो सियो तपाईंले मेडिकलको भस्म पद्धत गर्नेछ।
• तपाईंले केही दबाउको अनुभव गर्न सक्नुहुन्छ तर कुनै पीडा हुँदैन। विस्तृत गर्दै छोटा हिस्सालाई घरकूल छोड्नुहोस् अनि यताउता नहलिने प्रयास गर्नुहोस्।
• सियो घुसारिएको स्थितिमा तपाईं एकदम स्थिर रहनुपूर्व।
• सियो माफ रक्तलाई विस्तृत थोपा-थोपा गर्ने निकालिन्छ। यसको लागि 5-देखि 20 मिनेटको समय त्याला सक्ने जो यसमाथि निर्भर गर्ने कि कति द्रव चाहिएको छ।
• सियोलाई बाहिर निकालिन्छ अनि घोचिएको स्थानमा ब्यान्डाइड लगाउँछ।

परीक्षणपछि

• तपाईं 1 घण्टाको लागि सीधा पूरे लम्बाइमा पलितरुनु हुनेछ। यो समयमा तपाईंलाई शैचार्य जानुपर्नुभने, ओष्णानबाट उठनको लागि करेलाई मद्दत मात्रहुन्छ। तपाईंको रक्तचाप, हुङ्ग गति अनि श्वासप्रणालीको गति को जोच गर्नेछ।
• तपाईंको सुरक्षाको लागि, तपाईंलाई घर वापस लैजान एक व्यस्क पारिवारिक सदस्य वा मित्रको खाँचो पन्नेछ।
On the ride home, you may be directed to lie flat on your back in the back seat of the car if you have a headache.

At home, if you have a headache, lay down for at least an hour with your head flat or propped up on only 1 pillow.

You can get up to go to the toilet.

Drink plenty of liquids, especially water and caffeine drinks to avoid or ease a headache.

Take acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) as directed on the label to help ease your headache if needed.

Avoid exercise and strenuous activity for the next 24 hours.

Remove the band-aid from the site the day after your test.

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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