

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.



Punción lumbar

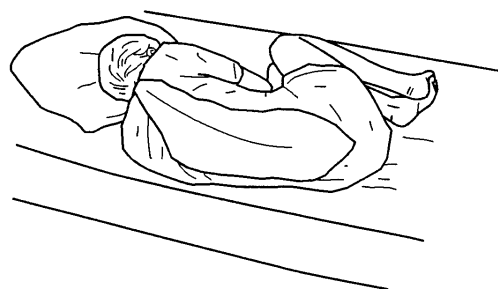
La punción lumbar, también llamada punción de la médula espinal, es un examen en el que se extrae una pequeña cantidad de líquido del espacio alrededor de la médula espinal. El líquido se examina en busca de problemas.

Un familiar o un amigo adulto debe acompañarlo para que lo lleve a casa después del examen. No es seguro que conduzca o que se vaya solo.

Llegue puntualmente a su examen. Planifique estar aquí alrededor de 2 horas. El examen dura aproximadamente 45 minutos.

Durante el examen

- Usará una bata de hospital.
- Se lo recuesta de lado al borde de una camilla.
- El personal lo ayuda a ponerse en posición. Doble las rodillas hacia el pecho. Incline la cabeza hacia delante, de manera que se toque el pecho con la barbilla.
- El médico le limpia la parte baja de la espalda, lo cual puede que se sienta frío.
- Se le coloca anestesia debajo de la piel de la espalda. Puede que esto arda un poco.
- Cuando la piel esté adormecida, se le inserta una aguja entre los huesos de la columna vertebral para extraer el líquido.
- Es probable que sienta algo de presión, pero no dolor. Respire lenta y profundamente.
- **Mientras la aguja esté dentro, debe permanecer muy quieto.**
- El líquido se extrae a través de la aguja.
- Se retira la aguja y se coloca una curita en el área.



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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Después del examen

- Los medicamentos administrados durante el examen lo adormecerán. Por su seguridad, un familiar o un amigo adulto tendrá que llevarlo a casa.
- Su médico o la enfermera pueden pedirle que:
 - ▶ Durante el viaje a su casa, se recueste plano sobre su espalda en el asiento trasero del automóvil.
 - ▶ Al llegar a su casa, se acueste plano sobre su espalda durante unas horas.
- Puede levantarse para ir al baño.
- Beba mucho líquido para evitar dolores de cabeza.
- Los resultados del examen se le envían a su médico, quien los discutirá con usted.

Llame a su médico de inmediato si tiene:

- un fuerte dolor de cabeza;
- náuseas o vómitos;
- fiebre;
- adormecimiento u hormigueo en las piernas;
- más dolor de espalda.

Llame **de inmediato** al 911 si tiene sangrado o secreción excesivos en el área.

Hable con su médico o enfermera si tiene alguna pregunta o inquietud.

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Lumbar Puncture. Spanish.