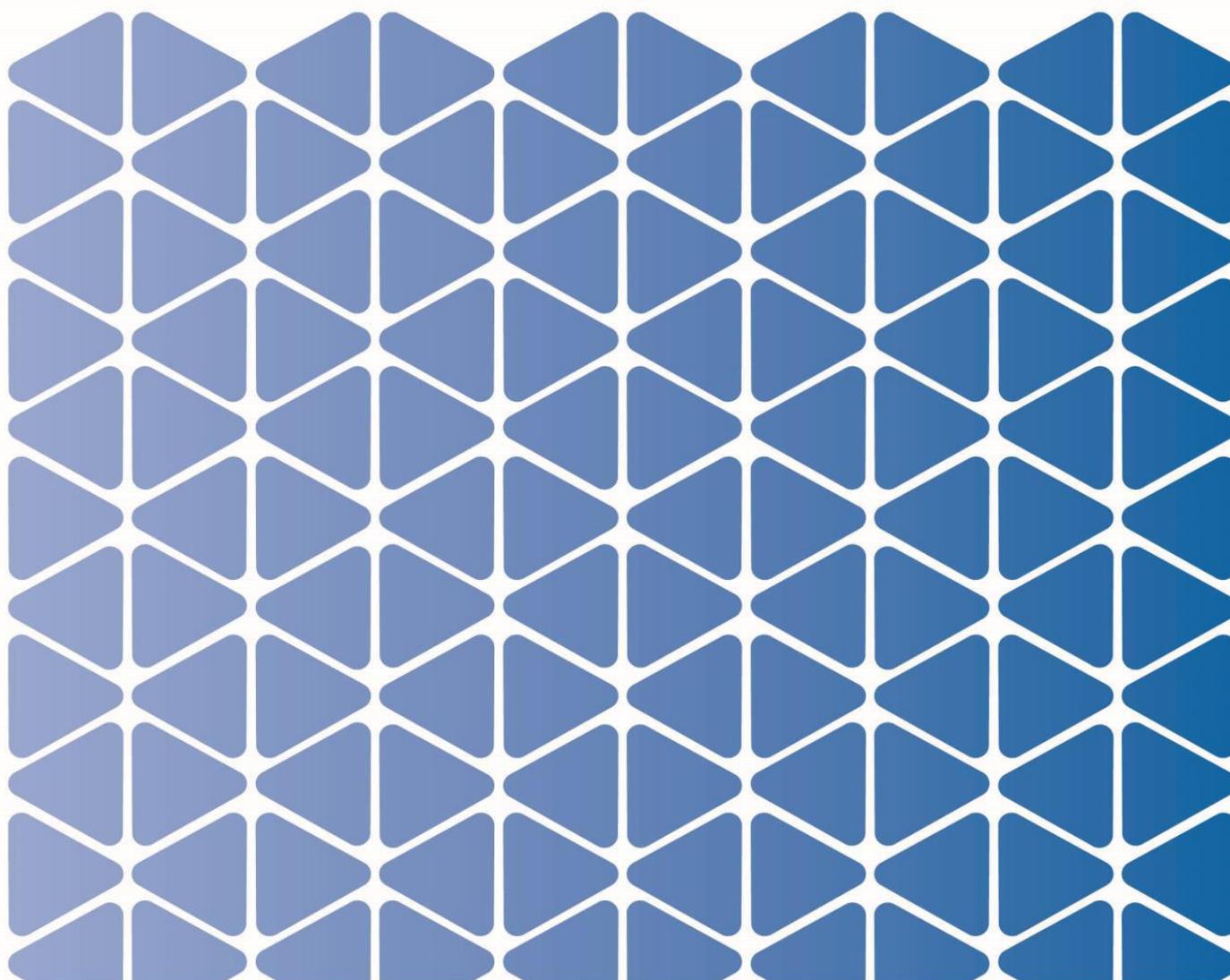




PATIENT INFORMATION

LUMBAR PUNCTURE - POST PROCEDURE ADVICE



Lumbar puncture

You have had a lumbar puncture procedure to obtain a sample of fluid from around your spinal cord. This will allow us to examine the fluid to help us find the cause of your headaches.

After the procedure

You may feel some discomfort in your lower back once the local anaesthetic has worn off, you can take your regular painkillers to reduce this although taking painkillers before the local anaesthetic wears off is more effective. If you do not have any of your own painkillers, ask the staff looking after you before you go home or you can buy some at your local pharmacy.

Avoid strenuous activity, sudden movements or bending for the next 24 hours.

Keep your dressing dry and on for 24 hours; avoid baths and showers during this time.

You can eat and drink normally although your appetite may be reduced, eat bland foods to avoid nausea and keep well hydrated by drinking at least 5-8 glasses of water per day (approximately 1.5litres)

Take all of your medications as normal.

When to call for help

If you experience any of the following:

- Severe headache
- Continuous vomiting
- Neck stiffness
- New blurred vision
- Fever
- Redness or swelling at the procedure site
- Increased drowsiness/loss of consciousness

Please call your GP or AEC on 01905 706333 extension 30378, or in case of an emergency call 999 or attend your local Accident and Emergency department.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.