

Lumbar Puncture (Spinal Tap) with Chemotherapy

Lumbar Puncture with Chemotherapy

Certain types of cancer may spread to your nervous system or to your brain. To prevent or treat this, your health care provider wants you to have a lumbar puncture (also called a spinal tap) to inject a chemotherapy medicine that destroys the cancer cells in your spinal canal.

The procedure takes about 30 minutes. Plan to be at the hospital or clinic for 2 to 4 hours.

What To Tell Your Health Care Provider

Tell your health care provider if you:

- have any allergies to latex or medicine
- are breastfeeding, pregnant or think you may be pregnant
- take a blood thinner, such as warfarin (Coumadin®)
- **have diabetes** (Ask for an early morning appointment and talk with your health care provider about your medicine needs.)
- take any medicines. (Check with your health care provider see if you have special medicine instructions.)

Before the Procedure

- Please arrange to have someone drive you home. **You will not be able to drive after the procedure.** You should have someone stay with you or be available to help you for 12 hours after the procedure.

Your Appointment

Location: _____

Date: _____

Time: _____ a.m. / p.m.

Arrive at the Radiology Department
15 minutes before your exam.

Phone number: _____

If you need to cancel or reschedule,
call at least 24 hours before your scheduled
appointment.

- If you had X-rays or other tests taken at a different facility, please arrange to have them sent to the hospital or clinic where you are having your procedure.
- Bring a list of your medicines and doses with you to the hospital. Include all prescription, over-the-counter medicines, vitamins, herbal or natural products.
- Do not eat or drink anything 4 hours before the procedure.
- Take your usual medicines as directed by your health care provider.
- Please follow any instructions you received from your health care provider.

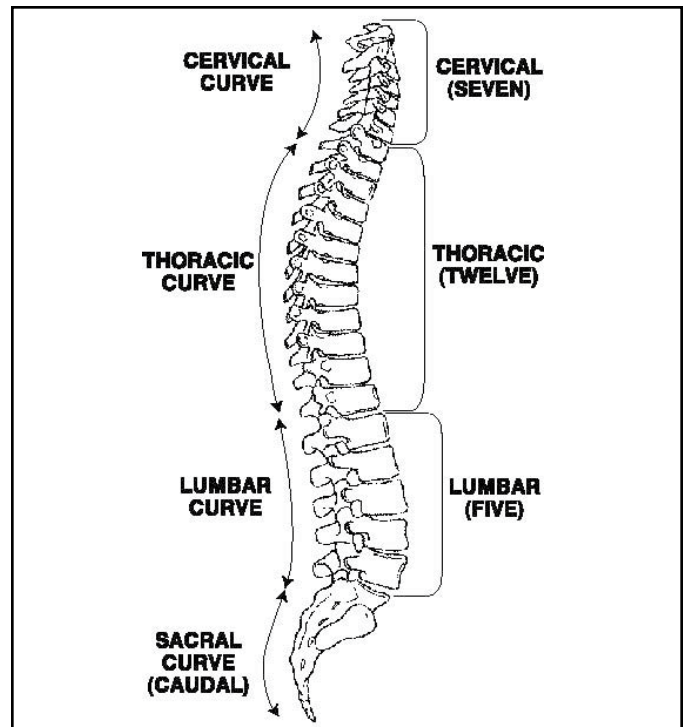
(over)

During the Procedure

- You will wear a hospital gown.
- You will be positioned on the exam table.
- The health care provider will apply a numbing medicine to the injection site on your back.
- A needle will be carefully inserted into your spinal canal.
- A sample of spinal fluid may be collected. (The sample will be sent to the lab for testing.)
- The chemotherapy medicine will be injected into your spinal canal.
- You may feel some discomfort.
- It is important that you do not move during the procedure.

After the Procedure

- You will lie down for 60 minutes or longer before you leave the hospital or clinic.
- Have someone drive you home.
- Do not do any heavy activity or exercise for 24 hours after the procedure. Stay as quiet as possible, resting for the remainder of the day. Stay in bed with as little activity as possible.
- Do not lie flat in bed. Raise your head with two pillows. This will reduce your chance of getting a headache. You may get up to use the bathroom and sit up to eat.
- Do not return to work until the next day.



© Allina Health System

The labeled parts of the spine.

- After 24 hours, return to your normal activities.
- Drink up to four 8-ounce glasses of liquid, unless your health care provider gives you other directions. Return to your normal diet.
- Take your usual medicines (including pain medicine). Follow any instructions your health care provider gave you.

Follow-up Results

- Your health care provider will receive the exam results. He or she will either talk with you about the results or mail you the results.