

Bloodpatch Procedure

General Information

This is general information. Please see your After Visit Summary for how to take care of yourself after the procedure.

Your health care team will work with you to understand any challenges you have after the procedure. This will help your team work toward a plan to make sure you have the right care and support to help manage your health.

Bloodpatch Procedure

A bloodpatch is a treatment to relieve headaches caused by a leak of cerebral spinal fluid in your back.

Your health care provider takes a small amount of your blood and injects it into your spine to “patch” the leak. The injection seals the leak and relieves your headache. It is done 3 to 5 days after you get a headache.

What to Expect After the Procedure

The injection site might be sore for a few days.

Before the Procedure

- Tell your health care provider if you:
 - are pregnant
 - have a latex allergy
 - have diabetes
 - take a blood-thinner medicine.
- Remove any jewelry or piercings.
- Arrange to have someone drive you home. You will not be able to drive after the procedure.

During the Procedure

- You will need to sign a consent form.
- You will be put in a comfortable position.
- An intravenous (IV) line may be started in your hand or arm. Blood will be taken out of your arm.
- You may be hooked up to monitors to check your heart rate, blood pressure and oxygen level in your blood.
- Your back will be washed and prepped for the injection.
- You will receive the injection.

After the Procedure

- You will be in a recovery room or short stay department for 30 to 60 minutes. Your health care team will watch to see if the bloodpatch is working, and to watch for any side effects or reactions.
- You may need to lie flat for a while before you can sit up.
- The IV will be removed.
- Have someone drive you home.

Pain Relief

- Take any prescription or over-the-counter medicine as directed.

(over)

Activity

- For 24 hours, do not lift and avoid twisting and bending.
- For 3 days, avoid straining, such as heavy lifting or during a bowel movement.
- For 3 days after the procedure, drink eight 8-ounce glasses of water, iced tea or pop each day (unless your health care provider gives you other instructions).
- Follow your health care provider's directions.
- Take your medicines as directed by your health care provider.

Incision Care

- For 3 days, avoid sitting in hot tubs or soaking in a bath tub.
- You may place a cold pack on the site.
 - Put a clean, dry towel on your skin before you place the cold pack.
 - Leave the cold pack on for 20 minutes at one time, three times a day, until the soreness is gone.
- Steri-Strips® (paper-like tape) may have been placed on your incision. You may peel them off after 7 days.
- Follow any directions your health care provider gave you.
- Do not use lotions, creams, ointments, gels or powders on your incision site.

Food and Beverages

- For 3 days, drink eight 8-ounce glass of water each day (unless receive other instructions).
- Eat well-balanced meals. Follow any instructions your health care provider gave you.
- Avoid alcohol while you are taking prescription pain medicine.

Your Health Care Provider

Name: _____

Phone: _____

Pager: _____

To use a pager, enter your phone number with your area code and then press the pound (#) sign.

When To Call Your Health Care Provider

Infection is a possible side effect from a bloodpatch procedure.

- temperature of more than 101 F
- pain that gets worse or a headache that doesn't go away
- signs of infection at the injection area such as warmth, redness or swelling
- nausea (upset stomach) or vomiting (throwing up) that won't stop
- any other new or unusual symptom(s).

If you are having a medical emergency, call 911 or have someone drive you to a hospital emergency room. Do not drive yourself.

Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.