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NEUROLOGY & SLEEP MEDICINE

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SPINAL-TAP (CSF)-PART-I

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PROCEDURE: Lumbar Puncture (Spinal Tap): The procedure is carried out to obtain a sample of spinal fluid, also called cerebro-spinal-fluid (CSF), for testing. The CSF is produced by specialized blood vessels in the brain, and it functions to help protect the brain and spinal cord. The fluid is located in a sac that is closely attached to the entire outer surface the brain and spinal cord, but within the skull and spine. Normally, the fluid is constantly circulating between the brain and the spinal canal. It is believed that CSF is continuously being produced and removed. Certain diseases of the brain and spinal cord, such as infections and multiple sclerosis, cause changes that can be detected in the CSF. Therefore, study of the spinal fluid provides an opportunity to diagnose such conditions without actually having to take a sample of brain tissue. In some other conditions, such as pseudo tumor cerebri, there is excessive production of CSF, and removal of excess fluid may be necessary to provide relief. The procedure of spinal tap is carried out under local anesthesia. A needle is carefully inserted into the low back between the bones into the sac that contain the spinal fluid. The fluid trickles, drop by drop, and is collected for testing. The needle is then removed. In order to help replenish the fluid and to help the wound heal, patient's are advised to lie flat on their back for several hours after the procedure.

SIDE EFFECTS: The procedure is generally safe, however, sometimes patients may develop headaches, especially when standing or sitting up. Resting flat on your back for few hours after the procedure can help. Sometimes, the headaches can be more persistent, and an anesthesiologist may need to place a blood patch at the site of the lumbar puncture. Other side effects may include infections, bleeding and back pain. Please visit our website: www.DallasNeurology.com

LOCATION: the procedure is done in the Radiology Department of a hospital

TIMING: Please plan to be at the hospital at your scheduled time. Although, the procedure may take about 20-30 minutes, plan to spend at least 4-6 hours in the hospital. Make sure you have somebody to drive you to and from the hospital.

FOOD: It is better to avoid breakfast, certainly, no more than a very light one

CLOTHING: It is helpful to dress lightly, preferably a front open shirt

AFTER THE PROCEDURE:

1. Rest flat in bed in a horizontal position for 4 hours after the procedure
2. Have somebody drive you home
3. Drink plenty of fluids
4. You may take two tablets of Tylenol every 6-8 hours as needed for pain, for 24 hours
5. Call 911 and go to the ER if you have any concerns
6. Return to the Clinic to revisit with Dr. Joseph in 2-3 weeks, or call 972-495-4411 as needed.

I acknowledge that I have read this document and have no questions.

SIGNATURE: _____

NAME (Print): _____ DATE: _____