

Lumbar Puncture

Please read this before your appointment. Feel free to ask questions.

A **Lumbar Puncture** is a procedure used to get a sample of spinal fluid for lab tests. It may also be done to inject medicine or x-ray contrast.

You are scheduled for an exam at the following HealthEast facility:

- St. John's Hospital
- St. Joseph's Hospital
- Woodwinds Health Campus

Appointment Date: _____ **Time:** _____

Questions about scheduling, call: 651-232-5500

Tell your health care professional if you:

- Are or might be pregnant.
- Have bleeding problems or taking blood thinners, coumadin or aspirin.
- Have a history of kidney problems or diabetes.

Preparation

No preparation is needed unless the health care provider gives you special instructions.

The Examination

For this exam, you will change your clothes and wear a hospital gown and robe. When you enter the room, the technologist will explain the exam to you. They will ask you a few questions and answer any questions you may have.

You will first lie on your stomach for the exam. The radiologist will clean an area on your back and inject a medication to numb the skin. A needle is placed into the spinal canal and a small amount of spinal fluid is removed. After the procedure is completed, the radiologist will remove the needle.

When the Exam Is Completed

You may have a headache after the procedure. Lying down for awhile after the procedure may avoid a headache.

Before you leave, you will be given instructions to follow at home. Feel free to ask questions if something is not clear to you. We welcome your comments.

At HealthEast, we are dedicated to providing the best possible care. Thank you for taking time to read these instructions. We hope to make your experience as pleasant as possible.

Billing Information

You will receive two bills for this exam.

1. The technical fee is for doing the procedure. It will be from the HealthEast facility. If you have questions regarding this bill, call 651-232-1100.
2. The professional fee is for the radiologist's time. It will be from the radiologist's group. There will be a phone number on the bill that you may call if you have any questions regarding the charge.

Materials provided by HealthEast Patient Education Service. For 24 hour access and referral:
HealthEast Care Connection: 651/326-CARE (2273) · 1-866-326-CARE (toll free)
· www.healtheast.org