

**STEVEN M. POUNDERS, MD, PLLC**

**STEVEN M. POUNDERS, MD**

**Chad Nyland, DO**

**D. Trew Deckard, PA-C, MHS, AAHIVS**

**Cameron Wyatt, NP-C**

3500 Oak Lawn Ave., Suite 600

Dallas, TX 75219

**LUMBAR PUNCTURE INFORMED CONSENT**

I, \_\_\_\_\_, give consent to my medical provider to perform the Lumbar Puncture procedure. The purpose of this is to obtain your spinal fluid which will give diagnostic information. The test involves you lying on your side. The back area will be cleansed with antiseptic and will receive some local anesthesia such as that which the dentist gives you. This will remove most of the discomfort of the insertion of the spinal needle. The needle will be inserted between two of the bones of your back into a fluid filled space.

Complications from this procedure may occur such as a headache lasting anywhere from a few hours to a few days, which could be reduced in severity by remaining flat in bed for 24 hours after the procedure and also by drinking a lot of liquid. However, even with these precautions you may still have a headache. In unusual instances the spinal needle may irritate of the nerve roots in the lower spine which is usually a transient problem. In extremely rare instances, this irritation may result in lasting numbness pain or weakness in the foot. These complications are remote possibilities. There are a few diseases in which special problems arise with Lumbar Punctures. If one of these is relevant to your case, your medical provider will discuss this with you. Rarely are there significant complications. Although it is unlikely that significant side effects develop, any patient undergoing this procedure should inform the practice of any unexpected side effects with follow-up as necessary.

**Facts and Suggestions Before the Test**

- **Alert us in advance if you are taking Coumadin or any other blood thinners.** You may need to have additional blood drawn before your LP or medication temporarily adjusted before the procedure.
- Let the doctor know if you've had surgeries in the lumbar area or have scoliosis.
- Try to drink 8 to 10 8oz glasses of water daily for a few days before your test.
- You may eat & drink normally & take your normal medication on the day of your test; there is no need to fast.
- **Bring someone with you who can drive you home.**
- The length of the test itself is approximately 20 minutes, but you will also be kept lying down for 30 minutes after the test. Along with time of instruction, you can estimate being here approximately 60 to 90 min.
- Alert us at test time if you have an allergy to Latex.
- We do use a local anesthetic. **Alert us if you have an allergy to Lidocaine.**
- We also use an iodine-based scrub. **Alert us if you are allergic to Iodine.**
- Some people experience a post -LP headache, which may occur in 24-72 hours after the procedure and can last up to 7 days. We will supply you with instructions on how to help prevent a headache or treat it if it occurs.
- We suggest you do not plan any strenuous activity the evening following your test. Use the evening to recline and relax. You may return to work the following day. Gear your activity level to how you feel.

After the procedure call your medical provider immediately if you have:

- Chills or a fever
- Stiff neck, which might be a sign of a developing infection
- Any drainage or bleeding from the procedure site
- A severe headache
- Any numbness or loss of strength below the puncture site.

### **Home-Going Instructions After Lumbar Puncture**

#### **To help prevent a post-Lumbar Puncture headache:**

- We will keep you lying down in the LP Clinic for 30 minutes following your test. After that you should lie down in the car going home, especially if you begin to develop a headache.
- Once arriving home, again recline for 6-8 hours following the procedure. You can get up for a short time to eat and to go to the bathroom. (**Please note** that the practice of lying down after an LP is of questionable value in preventing a headache and much controversy exists regarding this, however we have found that with our patients this practice appears to have benefit with most people.
- **Drink plenty of fluids** – 8 to 10 8oz. glasses per day for a few days. This will help replenish your body fluids.
- The next day you may resume your usual activities. If you participate in rigorous recreational exercise, you may want to take it easy an extra day or two before resuming these in order to give your body a chance to heal. You can return to work as long as you have no headache. If you return to work and develop a headache, find a place to lie down for a while.

#### **If You Develop a Post-Lumbar Puncture Headache**

- If you do develop a headache, you will notice increased discomfort in the sitting position. This headache, which can be severe, would typically start in the first 24 to 48 hours after the LP and last anywhere from several hours to 7-10 days. *It responds best to complete bedrest.* Drinking plenty of fluids also helps. **Tylenol** 1-2 tablets by mouth every 4-6 hours may *help take the edge off* of the pain, but may not give complete relief. If you are able to tolerate it, small to moderate amounts of caffeinated beverages may help take the edge off of the pain.
- Please notify your physician if your headache is unusually severe regardless of bedrest, lasts more than two days or you develop a fever. Also notify your physician if you notice inflammation, pus formation or clear drainage from the site of the needle puncture.

\_\_\_\_\_ I have read and understood the above information.

\_\_\_\_\_ I have had my questions asked and answered.

\_\_\_\_\_ I agree to undergo a lumbar puncture (Spinal Tap) procedure.

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PATIENT SIGNATURE

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DATE