



NHS

Great Ormond Street
Hospital for Children
NHS Foundation Trust

Having a lumbar puncture (Easy Read)



You are coming to hospital for a lumbar puncture. This is a test to look at the fluid that surrounds your brain and spine.



Your back bone protects your spinal cord. Messages to and from your brain travel through your spinal cord. Your spinal cord has fluid around it that acts like a cushion protecting it from damage.



Doctors may want a sample of this fluid to check for infection. You can also have medicine given into this fluid.



We will put some cream on your skin over your back to make it numb.



You will have some medicine to make you feel sleepy and relaxed.



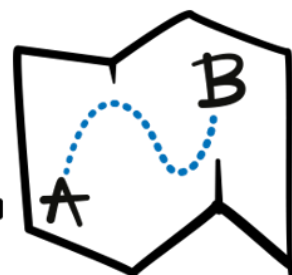
You will have to wear special hospital clothes for the test. When you are sleepy, the doctor will ask you to lie on your side.



Next they will ask you to curl up into a ball. Bring your knees up to your chest and bend your head down towards them. They will clean a small area of your back and put a clean sheet over it.

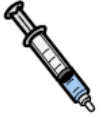


They will put a needle into the space between your back bones. You may feel a bit of pressure but it should not hurt.

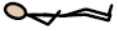




They will collect a sample of fluid for testing.



If you are having medicine, they will put this into your fluid through the needle.



Afterwards they will take out the needle and put a plaster over the area. You will feel better if you lie flat for an hour or so afterwards.

