WHAT IS A **LUMBAR PUNCTURE?**



LP BASICS

A lumbar puncture, or LP, is when a small bit of spinal fluid is taken from your back and examined under a microscope to learn more about your body's health.

STEP ONE

You will be instructed to lay on your side with your knees tucked up to your chest, just like a cat curled up in a ball.





STEP TWO

You will feel your doctor touching your back with their hands to find the best place for the procedure. You may feel gentle pushing.

You will stay curled in a ball while your doctor changes their gloves. This is a good time to check on your breathing. Take slow, deep breaths.





STEP FOUR

A blue cloth will be placed on your back. Your doctor will clean your back with a soapy sponge 3 times. This will feel cold, wet, and scratchy.



needle under your skin to give you numbing medicine. The medicine might sting, but that feeling should go away in about 10 seconds.





STEP SIX A needle is inserted into your

spinal cord to collect fluid. You may feeling pushing but you should not feel anything sharp. If you do, let your doctor know.

STEP SEVEN Collecting even a small amount of

fluid takes some time. Your job is to keep holding as still as you can.



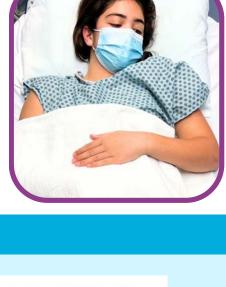


STEP EIGHT Once the fluid is collected, your doctor will take the needle out,

clean your back with a wet cloth, and place a band-aid where the needle was.

You will lay flat for a little while to make sure you don't get a

headache.





HELPFUL HINTS Your most important job is to hold as still as you can. You can listen to music, have your grownup read you a story, or hold someone's hand during the procedure.