Lumbar Puncture

HC No.									

Patient Name

Nationality

Date of Birth | D | D | **/** | M | M | **/** | Y | Y | Y | Y |

Age in years | | **Gender M/F**

Here are some of Amina and Hamad's ideas for making the Lumbar Puncture easier. What will you try?

- Practice lying still with a parent or caregiver before the procedure. They can then help to keep you still during the procedure.
- Bring a favorite item such as a blanket or toy, or a video on a mobile phone to watch.
- Apply EMLA® numbing cream (for children aged three months and above).
- Use sucrose (sugar and water) and a pacifier for babies 3 months old and younger.
- Close your eyes and imagine your favorite place.
- Ask your doctor or nurse any questions you may have and follow their instructions.

خدمات رعاية الطفل
Child Life Services

حمد
Hamad

Lumbar Puncture

What is a Lumbar Puncture?

- A lumbar puncture is done to remove a small amount of fluid that surrounds the brain and spinal cord to help diagnose your child's illness.
- The doctor will choose the best position for your child.
- A small special needle is used to remove some fluid from below the spinal cord.
- The test may take a few minutes in the procedure room.
- Your child should lie flat in bed for 30 minutes to 1 hour after the test to help prevent a headache.
- The doctor may prescribe medication to alleviate pain.

For the Parent or Caregiver:

- At HMC, we believe parents and caregivers can contribute to the success of this test and invite you to participate, should you wish.
- If you participate, we ask you to be an active participant by helping to distract and calm your child, while standing at the head of the bed.
- For safety and to ensure the test is successful, it is important for participating parents to remain calm and patient throughout the procedure.

What helps your child?

- We want you and your family to have the opportunity to express how you as caregivers, and we as staff, can best support your child during the lumbar puncture procedure.
- Please notify staff of any ideas you have that might help make the procedure easier for your child. There are examples on the next page, but you can also suggest others.