What Happens After the Procedure?

You will be asked to lie down on your back or on your stomach for at least two hours after the procedure. You will have small dressing on your back where the ITC was given. Please keep the dressing dry for at least 24 hours.

You may also have a small bleed on the insertion site. This is usually nothing to worry about. Your nurse will check the site regularly after the procedure.

Are There Side Effects of the Procedure?

Some patients may experience some side effects after the ITC, while others do not. We do not really know why some people experience more side effects than others. If you have any of the following symptoms for more than 24 to 48 hours after the procedure, please come to the hospital or call your doctor immediately:

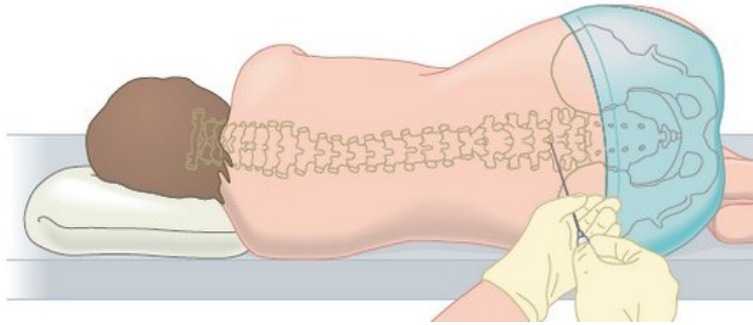
- A headache that does not go away
- Backache
- Feeling dizzy all the time
- Nausea and vomiting

Can I Go Home After the Procedure?

If you are having the procedure done in the Day Care Unit or in outpatients, you should be allowed to go home two hours after the procedure. Please arrange for someone to pick you up from hospital, or you can have a relative or friend to accompany you.

If you have further questions, please ask your doctor or your nurse. You can contact the Urgent Care Unit on the number below if you are worried about something after the procedure:
Urgent Care: 44397277

Lumbar Tap and Intrathecal Chemotherapy



Patients information center contact no: **44397530**

Working hours: **Sunday to Thursday from 7am to 3pm**

Patient and Family Education
patienteducation@hamad.qa

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Lumbar Tap and Intrathecal Chemotherapy

What is Lumbar Tap?

Lumbar tap is a procedure where your doctor will insert a small, thin hollow needle in a space between the bones of your spine. This is also known as spinal tap. This is to take small a sample of the fluid found inside the spine. Your doctor can also give you medication through this procedure.

Medication given through the spine is called intrathecal medication. These intrathecal medications can be chemotherapy or steroids. All medications, when given in the spine together with a chemotherapy medication, are called **intrathecal chemotherapy (ITC).**

What is Intrathecal Chemotherapy?

Intrathecal chemotherapy (IT) is a medication or medications given through the spine. These medications are used if your doctor suspects your cancer has spread inside the spine or brain. Sometimes, it is also given to prevent your cancer from spreading into your spine and brain. There are three medications commonly given through this way. These are **cytarabine, hydrocortisone and methotrexate.** Your doctor or your clinical nurse specialist will explain all this to you in detail.

Why Should I Have Intrathecal Chemotherapy?

Your doctor will suggest you having intrathecal chemotherapy if:

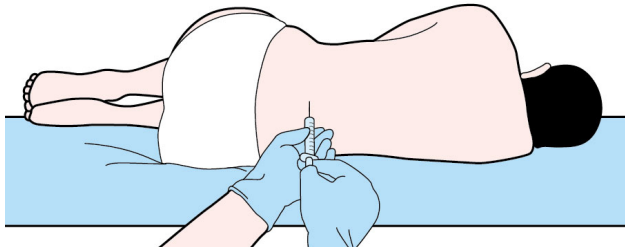
- You have cancer that has a high risk of moving inside the spine and brain
- Your cancer has already spread inside the spine and brain

What Happens During the Procedure?

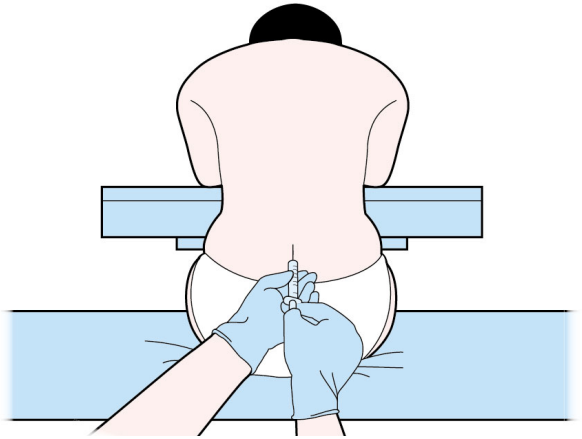
Your doctor and nurses looking after you will clearly explain the procedure to you. You will then be asked to sign a form to say that you have understood the procedure and agreed to have the procedure done.

The procedure is usually done in the treatment room where the doctor will ask you to lie down or sit up while doing the procedure.

If you are **lying down**, you will be asked to lie on your side with your knees drawn up to your stomach and with your arms and hands holding your legs in place. Your nurse will help support you in this position by simply holding the back of your knees and neck.



If you are **sitting up**, your back will be facing your doctor. You will be given a small table and a pillow to support your arms and head as you lean forward. The nurse looking after you will help you find a comfortable position before starting the procedure.



Your doctor will clean a small area on your back with a cleansing solution. They and your nurse will also wear a cap, mask, gown and gloves. This is to make sure that everything is very clean and you do not get an infection. You will also be given a local anesthesia to numb a small area of the skin where the needle will be inserted. You will feel a slight sting for a few seconds. You should not feel any pain afterwards, but you will feel some pressure while your doctor is working.

It is very important that you do not move during the procedure. If you feel uncomfortable during the procedure or you feel shooting pain on your legs, please tell your doctor or your nurse. It is very important that you follow the instructions given by your doctor or nurse.