

## X-ray Guided Lumbar Puncture - Information for patients

This leaflet aims to answer some of the questions you may have about having an X-ray guided Lumbar Puncture. It explains the risks and the benefits of the procedure and what you can expect when you come to hospital.

If you have any questions or concerns, please do not hesitate to speak to the staff caring for you.

### What is an X-ray guided Lumbar Puncture?

An X-ray guided lumbar puncture is a procedure to sample the cerebral spinal fluid (CSF) from the spinal canal and to take pressure measurements.

### What are the benefits?

Some of the reasons your doctor may want to do an X-ray guided lumbar puncture include the following:

- To look for infection.
- To check to see if there is bleeding around the brain (subarachnoid haemorrhage).
- To look for causes of unexplained seizures.
- To look for causes of headaches.

An X-ray guided lumbar puncture can help your doctor accurately diagnose or rule out certain medical conditions, including some life-threatening illnesses.

### What are the side effects are and the risks?

The procedure is normally very safe, and most patients have no major problems.

#### Minor side effects

You may also experience a headache following the procedure. Some patients experience slight back pain around the needle entry site. Simple painkillers, such as paracetamol, may be helpful.

### Pregnancy

If you are in the initial stages of pregnancy, there is a very small risk of x-rays harming your unborn child. If you think you could be pregnant, or you are trying to get pregnant, please tell us before your appointment. Individuals aged 10-55 will be asked to confirm their pregnancy status by the radiographer before the procedure.

## Consent

We want you to be involved in all the decisions about your care and treatment. If you choose to go ahead, you will be asked to sign a consent form.

This confirms that you agree to have the procedure and understand everything involved. Students/trainees may be present during the examination but only with your verbal consent.

Please remember that you can ask the Interventional Radiologist any questions you have at any time before, during or after your scan.

## How do I prepare for the test?

You may have a light early breakfast on the day of the procedures.

Please ring the number on the appointment letter to confirm and to discuss the attached checklist.

Please let us know if you have any of the following:

- |   |
|---|
| <ul style="list-style-type: none"> <li>• Severe allergies?</li> </ul>                               |
| <ul style="list-style-type: none"> <li>• Are taking any anti-coagulants (blood thinners)</li> </ul> |

## What happens before the procedure?

**Please attend the appropriate department as stated on your appointment letter.**

You will be asked to change into an open back gown and brought to the angiography suite in your bed, where you will be met by a team of nurses, a radiographer an interventional neuro radiologist. The procedure will be explained to you, and you will be asked to sign a consent form. The Royal Victoria Hospital is a teaching hospital and as such university students may be in attendance, with your permission.

## What happens during the test?

You will be helped to transfer onto the X-ray table and monitors attached to record heart rate and blood pressure. You will be awake for the procedure.

The top of your back will be cleaned, and you will be draped in sterile gowns. The radiologist applies local anaesthetic to your back so that you will not be able to feel what is going on. Once the area is numb, Neuro Radiologist will insert a needle into the spinal canal in the lower back. They will then check the needle position using x-rays. Some fluid is then drawn off and collected in a sterile pot. The sample is sent to the laboratory for testing. As soon as the required amount of fluid has been collected, the needle is taken out and a plaster or dressing is put over the area where the needle was inserted. The plaster can be removed the following day.

The whole procedure is likely to take 30 minutes.

## What happens after the test?

Once the procedure is completed you will return to day surgery unit. You will need to lie flat for up to 2 hours. The nursing staff will monitor you during this period.

You will be discharged after 2 hours, and a relative/friend must collect you from the Day of Surgery Unit.

An adult must stay with you during the 24-hour period following discharge in the unlikely event of complications. Please rest at home for 24 hours. Do not exercise, lift heavy items or consume any alcohol during this period.

## Radiation

An X-ray guided lumbar puncture procedure uses X-ray radiation. The radiation dose that you get from a Lumbar Puncture procedure is small and the associated risks are low. Clinical staff consider both the risks and benefits when deciding what examination is appropriate for you. The benefits of having the Lumbar Puncture outweigh any risk. Clinical staff are responsible for making sure that the dose you receive is kept as low as necessary to aid your diagnosis or treatment.

## Complications

Complications after a lumbar puncture are very rare, however, infection risk at the puncture site or bleeding. Bleeding is more likely if you are taking blood-thinning drugs or have a bleeding disorder. **For any concerns, please contact ward 4F on 02890633428.**

## Duration

The procedure itself, performed in the Interventional Radiology Suite, should take approximately 30 minutes.

Whilst we try to accommodate all patients at their appointed time, occasionally emergency patients arise which may delay the procedure. Your procedure may be cancelled due to emergencies cases and will be reappointed for the next available slot.

## Image sharing

Your images will be electronically stored on the hospital picture archiving system. This data can be accessed throughout the Belfast Health and Social Care Trust and other doctors and health care professionals who are directly involved in your care. The ability to share images and radiological reports will improve the safety and quality of your care by ensuring that the right information is available in the right place at the right time.

In order to improve the medical services we provide we may also use your data as anonymously as possible for internal audit and medical education. If you would prefer that your data is not used for these purposes, please inform a member of staff when you attend for your examination.

If your data is to be used for research, then a separate consent process will be used. You will be asked for your consent, should this be the case.

## Contact us

If you have any queries, we will be happy to answer any questions before or after your procedure and you can contact us on the number given on your appointment letter.

## Useful telephone numbers

Ward 4 F 02896150783

Ward 4 E 02896150778

Interventional Neuroradiology Secretary 02896156115

## Feedback

We hope you found the information in this leaflet helpful. If it did not tell you what you needed to know or you would like to provide any feedback on your experience, please let us know so that we can make any necessary improvements.

### ***You can provide feedback on your experience:***

Telephone: (028) 9504 8000 (Monday-Friday: 9am-4pm)

Textphone: 18001 028 950 48000

By email: compliments@belfasttrust.hscni.net

By email: complaints@belfasttrust.hscni.net

By completing an online form: <http://www.belfasttrust.hscni.net/contact/FeedbackForm.htm>

## Care Opinion



We invite you to share your experience by clicking the following link:  
<https://www.careopinion.org.uk/>

or by scanning the following QR code on your smartphone or tablet.



## Language and accessible support services

### Deaf/Hard of Hearing

If a Sign Language interpreter is required, please either telephone **028 9615 8900** via the Sign Video remote interpreting service (<https://signvideo.co.uk/deaf-community/>) or email us at [MPHAdminFOH@belfasttrust.hscni.net](mailto:MPHAdminFOH@belfasttrust.hscni.net) and we will arrange one for your appointment. Please have your H&C number ready when calling or include it in your email. This can be found at the top right corner of any Health and Social Care letters you may have received.

If you are unable to hear on the phone and need to contact us with regards to your appointment you can email us at [MPHAdminFOH@belfasttrust.hscni.net](mailto:MPHAdminFOH@belfasttrust.hscni.net).

## Do you need this information in another format or language?

The Trust has access to interpreting and translation services. If you need this information in another language or format, including Braille, large print, CD, audio tape please contact the telephone number **028 9615 8900** or e-mail address

**MPHAdminFOH@belfasttrust.hscni.net**, and we will do our best to meet your needs.

## Polish - Czy potrzebujesz tych informacji w innym formacie lub języku?

Fundusz ma dostęp do usług w zakresie tłumaczeń ustnych i pisemnych. Jeśli potrzebujesz tych informacji w innym języku lub formacie, w tym w piśmie Braille'a, dużym druku, na płycie CD, kasecie magnetofonowej, skontaktuj się z nami pod numerem telefonu lub adresem e-mail **028 9615 8900 / MPHAdminFOH@belfasttrust.hscni.net**, a my dołożymy wszelkich starań, aby spełnić Twoje potrzeby.

## Arabic - هل تحتاج هذه المعلومات بصيغة أو بلغة أخرى؟

تستطيع الجمعية توفير خدمات الترجمة الفورية والتحريرية. إذا احتجت هذه المعلومات بلغة أو بصيغة أخرى، بما فيها صيغة برايل Braille أو صيغة بالأحرف الكبيرة، أو في سي دي CD أو في شريط مسموع، يُرجى الاتصال برقم التليفون أو عبر البريد الإلكتروني **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**، وسوف نبذل قصارى جهدنا في تلبية احتياجاتك.

## Lithuanian - Ar jums reikia šios informacijos kitu formatu ar kalba?

Tarnyba gali suteikti vertimo žodžiu ir raštu paslaugas. Jei reikia šios informacijos kita kalba ar formatu, įskaitant Brailio raštą, didelį šriftą, kompaktinį diską, garso įrašą, skambinkite telefonu arba susisiekite el. paštu **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900** ir mes padarysime viską, kad patenkintume jūsų poreikius.

## Romanian - Aveți nevoie de aceste informații într-un alt format sau altă limbă?

Trustul are acces la servicii de interpretariat și traducere. Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un alt format, inclusiv Braille, tipărire cu caractere de mari dimensiuni, CD, înregistrare audio, atunci vă rugăm să ne contactați la numărul de telefon sau la adresa de e-mail **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**, iar noi vom face tot posibilul pentru satisfacerea necesităților dumneavoastră.

## Tetum - Ita presiza atu informasaun ida ne'e iha formatu ka lian seluk ka lae?

Fidusiáriu ida ne'e iha asesu ba servisu durubasa no tradusaun. Se Ita presiza informasaun ida ne'e iha lian ka formatu seluk, inklui letra Braile, letra boot, CD, kasete audio, entaun favór telefone númeru ka enderesu e-mail **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**, no ami sei halo esforsu tomak atu kumpre Ita-nia nesesidade sira.