

Patient agreement to investigation or treatment

Lumbar Puncture

Authors: Dr C Allen and Sister M Hulett Neurology

Brief description:

A lumbar puncture is a procedure to collect and look at the Cerebrospinal fluid (CSF) surrounding the brain spinal cord and spinal nerve roots.

During a lumbar puncture, a needle is carefully inserted under local anaesthetic into the spinal canal low in the back.

Sample of CSF are collected, these are then sent to the laboratories to diagnose specific neurological conditions.

- Here, we explain some of the aims, benefits, risks and alternatives to this procedure. We want you to be informed about your choices to help you to be fully involved in making any decisions.
- Please ask about anything you do not fully understand or wish to have explained in more detail.
- If you would like this information in another format or language or would like help completing the form, please ask a member of our staff.

Please bring this form with you to hospital

- You will be asked to read this form carefully, and you and your doctor (or other appropriate healthcare professional) will sign it to document your consent.
- All our consent forms are available on the Addenbrooke’s website: <http://www.addenbrookes.org.uk/consent>
- Guidance for health professionals can be found on the Addenbrooke’s intranet site <http://nww.addenbrookes.nhs.uk/consent>
- Remember, you can change your mind about having the procedure at any time even after you have signed the form.

For staff use:

Does the patient have any special requirements? (For example: requires an interpreter or other additional communication method)

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About Lumbar Puncture

A lumbar puncture uses a fine needle to remove a sample of cerebral spinal fluid (CSF). From the space surrounding the spinal roots in the lumbar spine, (lower back) well below the spinal cord itself. The CSF is then used to diagnose symptoms caused by certain diseases of the brain and spinal cord. A lumbar puncture may also be done to lower the pressure on the brain and eye nerves caused by too high a pressure in the CSF.

Before your procedure

- Patients are either seen in the out-patient clinic, emergency clinic, or on the ward when a decision is made to perform a lumbar puncture. When you are seen by the doctor you will be examined and may have to have a scan of your head. This is to ensure that you do not have any medical conditions that would cause a risk during the lumbar puncture.
- Details of any medication you are taking will be discussed at this time. Tell your doctor if you have ever had an allergic reaction to lidocaine (previously know as lignocaine) the local anaesthetic numbing agent like that often used by your dentist.
- The doctor should be aware if you are on any drug that reduces your blood clotting for example, Warfarin may mean that a lumbar puncture is not as safe so you should confirm that those involved in the lumbar puncture are aware if you are on such medication
- If you have an allergy to iodine a topical skin antiseptic please tell the doctor. These questions will be asked again just before the procedure.
- Most people who have a lumbar puncture are seen as a day case and can go home when the procedure is finished in approximately one hour.
- Patients having a lumbar puncture on a ward will have to stay in hospital until the doctor decides to discharge them.
- You may eat and drink normally before this procedure.
- This procedure does not affect people with pacemakers.

During the procedure (operation/treatment) itself

- Most patients do not have to undress much for this procedure, you will be asked to remove only your shoes and pull up or push down any clothing to expose the lower part of your back. A gown is available if preferred.
- You will be asked to lie flat on your left hand side with your knees tucked up to your chest, back bent and a pillow will be put between your knees to ensure your spine stays horizontal. The lumbar puncture may be done with you sitting up in some circumstances, this explained as necessary with the doctor or nurse.
- The doctor or nurse specialist will then gently feel your lower back to locate the correct area. Your back will then be cleaned with Iodine this feels cold on the skin.
- A local anaesthetic is then given into the skin in your lower back; this is

repeated twice and can feel like a stinging sensation.

- When the skin is numb a fine spinal needle is then inserted into the space that holds the CSF. During this you may feel a slight pushing sensation.
- The needle is only in place for one to four minutes.
- The pressure of CSF is then taken, if this is raised it will be lowered by draining some of the CSF .Further explanation of the amount to be removed will be discussed at that time.
- A small amount of CSF (about 5mls, for example about a teaspoonful or two) is then collected into pots and sent for examination. Your body will replace this amount of fluid in less than half an hour.
- The spinal needle is then carefully removed, the iodine is wiped off of your back and a small plaster is put onto your back.
- Blood tests may need to be taken while you rest, this will be discussed during the procedure.

After the procedure

- Some people get a headache after the procedure because the pressure in the CSF system is lowered, this headache will be relieved by lying down. So when your lumbar puncture is finished you will be asked to remain flat on the bed/couch to rest for 30 minutes, to allow your body to replace the fluid removed and bring the CSF pressure up a bit which will prevent a headache developing.
- You may leave the hospital after this rest period (day case patients only).
- Further rest when you leave the hospital is important to prevent a post lumbar puncture headache. Try to avoid any strenuous exercise for example dog walking, shopping or gardening until the following day.
- Drinking lots of fluid such as water and squash as well as some tea , coffee or caffeine containing cola will also help to prevent a low pressure headache.
- Slight tenderness may be felt when the local anaesthetic has worn off, very rarely bruising and swelling may occur.

Eating and drinking: You may eat and drink as normal.

- **When you can leave hospital:** You can leave hospital after the rest period of 30 minutes. (Day case patients), but because of the small chance of a low pressure headache developing some time after the lumbar puncture it is advised that you do not drive yourself home afterwards, because you can't lie down to relieve the headache.
- You may return to work the following day.
- You will be seen by a doctor in the out-patient clinic where the results of your tests will be discussed.
- Patients being asked to attend the day case unit for a lumbar puncture will receive an information sheet in the post; this gives general information about the procedure. This consent form will be given to you when you attend your

appointment for the lumbar puncture. If you have any questions or anxieties, please feel free to ask a member of the nursing staff.

Your doctor would have made the decision for you to have a lumbar puncture based on a physical examination. There is no alternative that can provide the same diagnostic results.

Intended benefits of the procedure

- A lumbar Puncture is requested mainly as a diagnosis for problems affecting the brain and spinal cord.
- If the lumbar puncture is performed for abnormally high pressure then the benefits may include less headaches and improvement in other symptoms of raised pressure.

Who will perform my procedure?

- Doctors and specialist nurses who have experience will perform your lumbar puncture
- There may be medical students present for teaching purposes; this will be discussed with you when you attend the clinic/ward.

Serious or frequently occurring risks

As with any procedure there can be side effects, but when performed for the right reasons lumbar puncture is very safe. The most common side effect is a headache occurring on standing (low pressure headache); this can occur 24 hours after the lumbar puncture. This risk of a headache which can be 1 in every 50 patients is greatly reduced by resting as suggested and drinking adequate fluids (at least one litre of water until the following day. Caffeine containing drinks (tea coffee colas) also help restore the pressure in the CSF system. If your headache persists you will relieve it by lying down flat and taking some pain relief, for example paracetamol or ibuprofen. If your headache continues for more than three days contact your GP who may prescribe other medication.

Local Anaesthesia

In local anaesthesia the local anaesthetic drug is injected into the skin and tissues at the site of the operation. The area of numbness will be restricted and some sensation of pressure may be present, but there should be no pain. Local anaesthesia is used for minor operations such as stitching a cut. Usually a local anaesthetic will be given by the doctor/ nurse doing the procedure.



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: patient.information@addenbrookes.nhs.uk

Cantonese

Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagıdaki adrese e-posta gönderin: patient.information@addenbrookes.nhs.uk

Turkish

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করুন।

Bengali

Document history

Authors	Dr C Allen & Sister M Hulett
Department	Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
Contact number	01223 245151
Published	June 2009
Review date	June 2009
File name	Lumbar_puncture
Version number	1
Ref	CF407

Consent form 1

Patient agreement to investigation or treatment

For staff use only:
Surname:
First names:
Date of birth:
Hospital no:
Male/Female:
(Use hospital identification label)

Responsible health professional/job title

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Special requirements
 (For example, other language/other communication method)

Name of proposed procedure or course of treatment

Lumbar Puncture

Statement of health professional

(To be filled in by a health professional with an **appropriate knowledge of the proposed procedure**, as specified in the Hospital's consent policy)

I have explained the procedure to the patient. In particular, I have explained:

- The intended benefits of the procedure
 Diagnosis for problems affecting the brain and spinal cord and less headaches
 - Any serious or frequently occurring risks from the procedures including those specific to the patient
 Low pressure headache
 - Any extra procedures that might become necessary during the procedure
- Blood transfusion Other procedure (please specify)

I have discussed what the treatment / procedure is likely to involve, the benefits and risks of any available alternative treatments (including no treatment) and any particular concerns of this patient.

- The following information leaflet has been provided: Lumbar puncture.....
 Version/Date/Ref: 1/May 2009/CF407

This procedure will involve:

- General and/or regional anaesthesia Local anaesthesia Sedation

Health professional's signature:Date:

Name (PRINT): Job title:

Contact details (if patient wishes to discuss details later)

I have offered the patient information about the procedure but s/he has declined information.

Statement of the interpreter (if appropriate)

I have interpreted the information to the best of my ability, and in a way in which I believe s/he can understand:

Interpreter's signature..... Date:

Name (PRINT):.....

Important notes: (tick if applicable)

- The patient has withdrawn consent (ask patient to sign/date here)
- See also advance directive/living will

Copy accepted by patient: yes / no (please circle)

For staff use only: Surname: First names: Date of birth: Hospital no: Male/Female: (Use hospital identification label)

Statement of patient

Please read this form carefully. If your treatment has been planned in advance, you should already have your own copy, which describes the benefits and risks of the proposed treatment. If not, you will be offered a copy now. Do ask if you have any further questions. The staff at Addenbrooke's are here to help you. **You have the right to change your mind at any time before the procedure is undertaken, including after you have signed this form.**

Training doctors and other health professionals is essential to the continuation of the Health Service and improving the quality of care. Your treatment may provide an important opportunity for such training, where necessary under the careful supervision of a senior doctor. You may, however, decline to be involved in the formal training of medical and other students without this adversely affecting your care and treatment.

Please read the following:

I understand that I will have the opportunity to discuss the details of anaesthesia with an anaesthetist before the procedure, unless the urgency of my situation prevents this. (This only applies to patients having general or regional anaesthesia.)

I understand that you cannot give me a guarantee that a particular person will perform the procedure. The person undertaking the procedure will, however, have appropriate experience.

I understand that any procedure in addition to those described on this form will only be carried out if it is necessary to save my life or to prevent serious harm to my health.

I have been told about additional procedures which may become necessary during my treatment. I have listed below any procedures that **I do not wish, without further discussion, to be carried out.**

I understand that any tissue (including blood) removed as part of the procedure or treatment will be anonymised and may be used for teaching or quality control, and stored or disposed of in a manner regulated by appropriate, ethical, legal and professional standards.

I understand that all research will be approved by a research ethics committee and undertaken in accordance with appropriate ethical, legal and professional standards.

I understand that the research may be conducted within a hospital, university, not for profit organisation or a company laboratory.

Please tick boxes to indicate you either agree/disagree to the three points below. **Yes** **No**

I agree that tissue (including blood) not needed for my own diagnosis or treatment can be used for **research which may include genetic research.** **If you wish** to withdraw your consent for the use of your tissue (including blood) for research, please contact the Patient Advice and Liaison Service at Addenbrooke's Hospital.

I agree to the use of photography for the purpose of diagnosis and treatment.

I agree to anonymised photographs being used for medical teaching.

I confirm that the risks, benefits and alternatives of this procedure have been discussed with me and I have read and understood the above and agree to the procedure (or course of treatment) on this form.

Patient's signature:..... **Date:**

Name (PRINT):

If the patient is unable to sign but has indicated his/her consent, a witness should sign below. Young people may also like a parent to sign here (see guidance notes).

Witness' signature:..... **Date:**

Name (PRINT):

Confirmation of consent (to be completed by a health professional when the patient is admitted for the procedure, if the patient has signed the form in advance)

On behalf of the team treating the patient, I have confirmed with the patient that s/he has no further questions and wishes the procedure to go ahead.

Signature **Date:**

Name (PRINT): Job Title: