



# Lumbar Puncture or Myelogram Discharge Instructions

Radiology Department  
217.366.1285

Name \_\_\_\_\_

History # \_\_\_\_\_

D.O.B. \_\_\_\_\_

CHRISTIE CLINIC  
 Christie on University  
 101 West University Avenue  
 Champaign, IL 61820  
 217-366-1200

1. You must have a driver to take you home after the test.
2. Go home and lay with your head slightly elevated (one or two pillows) for the remainder of the day.
3. You may sit up to eat or to use the rest room, but return immediately back to a reclined position for the remainder of the day.
4. Push the fluids and increase your caffeine intake for the next 12 hours. Avoid caffeine drinks that contain Aspartame.
5. Medication restrictions for the next 24 hours.  
 \_\_\_\_\_  
 \_\_\_\_\_
6. If you develop a severe headache without elevation in temperature (defined as worse when you are up, better when you lie down), this is probably a spinal headache caused from the procedure. This occurs in a small percent of patients. If this happens, lay back down in a reclined position. Sometimes these can go on for 2-3 days. However if you develop a severe headache with a temperature over 100 degrees or a stiff neck, please contact your physician.
7. Keep the puncture site clean and dry for the next 12 hours.
8. Contrast material used for this examination  
 \_\_\_\_\_
9. Call your physician with any questions, problems, or for test results. You may contact the Radiology Department for any other information.

**Bring this sheet with you if you go to the Emergency Department or to see your physician within the next 24 hours.**

Date \_\_\_\_\_

Patient \_\_\_\_\_

Witness \_\_\_\_\_