

腰椎穿刺

Lumbar Puncture

Lumbar puncture, also called a spinal puncture or spinal tap, is a test where a small amount of fluid is removed from the space around the spinal cord. The fluid, called cerebrospinal fluid or CSF, is tested for problems.

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or leave alone.

Arrive on time for your test. Plan on being here for about 2 hours. The test takes about 45 minutes.

To Prepare

- Talk to your doctor about the medicines you take, including prescription and over the counter medicines, vitamins, minerals or herbal supplements. If you are taking any medicines to thin your blood, you may need to stop or change your medicines before your test.
- You may need to have some blood tests done before this test. Talk to your doctor about when and where you should have the tests done.
- Have an adult drive you to your test and be there to take you home after the test. It is not safe for you to leave after the test by yourself.
- The day of your test, remove any jewelry, including any piercings. Bring a list of all your medicines and your allergies, your insurance card and a photo ID.

腰椎穿刺，也稱為脊髓穿刺，是在脊髓空隙處取少量液體而進行的檢查。取這種稱為腦脊髓液的液體，是為了檢查問題。

需要一位成年家庭成員或朋友陪同一起，以便檢查之後接您回家。您在手術後單獨駕車或獨自離開是不安全的。

準時到場檢查。預計要在此呆2個小時。檢查約需45分鐘。

準備工作

- 請諮詢醫生有關藥物服用問題，包括處方藥和非處方藥、維生素、礦物質或草藥補品。如果您正在服用任何薄血藥，則可能需要在檢查前停止或更換藥物。
- 在此項檢查前，您可能需要進行一些血液測試。請諮詢醫生該檢查的時間和地點。
- 安排一名成人駕車帶您前來檢查，並在檢查後帶您回家。檢查後您自行離開存在安全隱患。
- 檢查當天，要摘除任何飾品，包括任何尖銳物品。帶上所有藥物和過敏藥物列單、保險卡和帶照片的身份證。

During the Test

- You will wear a hospital gown.
- The staff will help you into one of these positions:
 - Lie on your left side with your knees pulled up to your stomach as far as you can.
 - Sit on the side of the bed and lean over a table.
 - Lie on your stomach.
- The doctor cleans your lower back with a special soap. This may feel cold.
- Numbing medicine is put into the skin on your back. This may sting for a few seconds.
- When the skin is numb, a needle is placed between the bones of your spine to get the fluid. The needle does not go into your spinal cord.
- You may feel some pressure but no pain. Breathe slowly and deeply, relax and try not to move.
- While the needle is in place, you must stay very still.
- Fluid is removed through the needle in a slow drip. This may take 5 to 20 minutes based on how much fluid is needed.
- The needle is taken out and a band-aid is put on the site.

After the Test

- You will lie flat for 1 hour. Ask for help to get out of bed if you need to go to the bathroom during this time. Your blood pressure, heart rate and breathing rate will be checked.
- You will need to have an adult family member or friend take you home for your safety.

檢查過程

- 您要穿一件醫院的袍子。
- 醫療人員幫您擺好以下幾種姿勢之一：
 - 左側橫臥，雙膝儘可能曲收至腹部。
 - 坐在牀邊，斜靠檢查台。
 - 俯臥。
- 醫生用特殊的肥皂清潔您的下背。這可能會有點冷。
- 在您的背部皮膚上塗麻藥。可能會刺痛幾秒鐘。
- 皮膚麻木時，針將刺進脊椎骨之間取得液體。針不會刺進您的脊髓。
- 您可能會感到有壓迫但沒有疼痛。緩慢地深呼吸，放鬆，儘量不要動。
- 針刺進時，您必須靜躺不動。
- 液體靠針緩慢抽出。根據所需液體量的不同，該過程可能約需5到20分鐘。
- 針取出後，針刺部位會貼上創口貼。

檢查後

- 您將平躺 1 小時。如您需在此時間段內如廁，起身時請尋求幫助。將經常檢查您的血壓、心率和呼吸頻率。
- 為了您的安全，需要有家屬或朋友送您回家。

- On the ride home, you may be directed to lie flat on your back in the back seat of the car if you have a headache.
- At home, if you have a headache, lay down for at least an hour with your head flat or propped up on only 1 pillow.
- You can get up to go to the toilet.
- Drink plenty of liquids, especially water and caffeine drinks to avoid or ease a headache.
- Take acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) as directed on the label to help ease your headache if needed.
- Avoid exercise and strenuous activity for the next 24 hours.
- Remove the band-aid from the site the day after your test.
- Test results are sent to your doctor. Your doctor will share the results with you.
- 歸途中，如有頭痛，您可能需遵照醫囑平躺在汽車後座上。
- 在家中，如您頭痛，放平頭部或者僅靠一個枕頭支撐頭部躺臥至少一個小時。
- 您可以起身上廁所。
- 多喝流體，尤其是水和含咖啡因的飲料，避免頭痛。
- 必要時，按標籤指示服用對乙酰氨基酚(泰諾林)或布洛芬(Advil或Motrin)，緩解頭痛。
- 在接下來的24小時內避免運動和劇烈活動。
- 檢查後第二天，移除針刺部位的創口貼。
- 檢查結果會送到您的醫生處。您的醫生會告知您結果。

Call your doctor right away if you have:

- A severe headache
- Nausea or vomiting
- A fever
- Numbness or tingling in your legs
- More back pain

Call 911 right away if you have excessive bleeding or drainage at the site.

Talk with your doctor or nurse if you have any questions or concerns.

如有以下狀況，立刻聯絡醫師：

- 嚴重頭痛
- 噁心或嘔吐
- 發燒
- 腿部麻木或刺痛
- 背痛加劇

如果針刺部位過度流血或有流出物，立刻撥打911。

若您有任何疑問或擔憂，請諮詢您的醫師或護士。