

LUMBAR PUNCTURE

Discharge Instructions

1. Lie flat for the rest of today. This will help prevent you from developing a headache. Try not to use a pillow, but if you have to, make it a small one. If you are using a small pillow and begin to get a headache, remove the pillow and lie completely flat.
2. Get up to go to the bathroom **only**.
3. Have someone bring your meals to you.
4. Drink as much as you can today. Fluids like Gatorade or K-10 help to replace the fluids in your body lost. (Be careful not to drink so much that you make yourself sick.)
5. You may take your regular medications.
6. If you develop a headache when you get up, go to bed, lie completely flat for 24 hours. NO pillows. Do NOT get out of bed to eat or to go to the bathroom. Use a bedpan or urinal. If you get up during this 24-hour period, you must lie flat for another 24 hours beginning from the time you got up.
7. If the headaches last for more than 24 hours, you should call your doctor or X-Ray Department at Mission Radiology, _____, or St. Joseph's Radiology _____.

Patient's Signature

Date

Witness

Memorial Mission Campus

509 Biltmore Avenue
Asheville, NC 28801

St. Joseph's Campus

428 Biltmore Avenue
Asheville, NC 28801