

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.

腰椎穿刺又名脊椎穿刺或脊柱拍打，需要从脊髓周围的空腔中抽取少量体液进行检查。这种体液名为脑脊液 (CSF)，医生将对其进行检查，查看是否存在问题。

检查结束后，您需要在成年家人或朋友的护送下回家。独自驾车或自行离开很不安全。

请准时前来接受检查。请留出大约 2 小时的时间。检查约需 45 分钟。

准备

- 与医生讨论您服用的药物，包括处方药和非处方药、维生素、矿物质或草药补品。如果您正在服用任何血液稀释药，可能需要在检查前停止或更换药物。
- 在检查前，您可能需要进行几项血液检查。与医生讨论应在何时何地进行检查。
- 安排一名成人驾车带您进行检查，在检查后送您回家。如果您在检查后自行离开，会存在安全隐患。
- 检查当天，请不要佩戴珠宝，包括穿刺饰品。携带所有药物和过敏药物清单、保险卡和带照片的身份证。

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.

检查期间

- 您需要换上医院的罩衣。
- 工作人员将帮助您采取以下某个体位：
 - 左侧横卧，双膝尽可能曲收至胃部。
 - 坐在床边，斜靠在桌上。
 - 俯卧。
- 医生用特殊的肥皂清洁您的下背部。将产生冰凉的感觉。
- 背部皮肤涂抹麻药。这会带来几秒钟的刺痛感。
- 皮肤麻木后，将一根针插入您的脊椎骨之间，获取体液。针不会进入您的脊髓。
- 您可能会感到一些压力，但无痛感。缓慢深呼吸，放松并尽量保持不动。
- 针穿刺到位后，您必须保持静止不动。
- 体液通过针头缓慢滴落。根据检查所需体液的用量，这个过程需要 5 到 20 分钟。
- 取出针头，在穿刺部位贴上创可贴。

检查之后

- 您将平躺 1 小时。如果您在这段时间需要如厕，起身时请寻求帮助。期间会经常检查您的血压、心率和呼吸频率。
- 为了安全起见，您需要在成年家人或朋友的护送下回家。

- 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.
- 如果您在归途中感到头痛，可遵医嘱平躺在汽车后座上。
- 在家中如果感到头痛，可以不用枕头或者只用一个矮枕头支撑头部，平躺至少一个小时。
- 你可以起身如厕。
- 请大量饮用流质，尤其是水和咖啡因饮料，可以避免或减轻头痛。
- 如需要，按照包装说明服用对乙酰氨基酚 (Tylenol) 或布洛芬 (Advil 或 Motrin) ，帮助缓解头痛。
- 在随后的 24 小时内，避免运动和剧烈活动。
- 检查后的第二天，可从穿刺部位取下创可贴。
- 检查结果会发送给医生。医生会告知您检查结果。

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.

如果出现以下情况，请立即致电医生：

- 严重头痛
- 恶心或呕吐
- 发烧
- 双腿麻木或刺痛
- 背痛加重

如果穿刺部位流血过多或出现排液现象，请立即拨打 911。

如果有任何疑问或担心，请咨询医生或护士。