

PRE & POST OPERATIVE INSTRUCTIONS

Lumbar Puncture Only

Financial Notice:

A non-refundable deposit of \$200 is required at time of scheduling appointment. The deposit will be allocated to your total payment due, but will not be refunded if you choose to cancel your procedure appointment. Final payment for all procedures is due no later than the day prior to the scheduled procedure date.

Estimates for any out-of-pocket expense will be sent to all patients through our patient portal. Please be aware that we do request all patients to have access to their patient portal. Payments can be made by calling our office at 972-596-1059. ***Please note that the facility will contact patients separately for any out-of-pocket expense that is due to them as that payment is separate from the payment due to the doctor.**

All procedures not cancelled within 24 hours or any patient who no-shows to their procedure will be charged \$200.

If you need to reschedule or cancel your upcoming procedure or if you have additional questions or concerns, please contact our office at 972-596-1059 for further assistance.

PRE-OP INSTRUCTIONS

- Please drink a lot of water 24 hours prior to your procedure. It is important to be very well hydrated.
- No food or drink (including water) **at least 8 hours prior to your procedure OR 12 hours prior to your procedure if you are on any of the GLP-1 medications listed below.** If you have any medications that **must** be taken before your procedure AND has been approved by your physician, you may do so with very little water.
- Take your medications as normal the morning of the procedure with the following EXCEPTIONS
 - Diabetes Medications – In view of not eating or drinking, do not take your diabetes medications the morning of your appointment. Bring your diabetes medications with you to the appointment and we will determine what you should take based on a blood glucose test.

- Anticoagulants (Blood Thinners) – Discontinue taking anticoagulants for a period of time as indicated below.
 - Aspirin, NSAIDS – Discontinue taking 7 days prior to your procedure
 - Plavix (Clopidogrel) – Discontinue taking 3 days prior to your procedure
 - Xarelto (Rivaroxaban) – Discontinue taking 3 days prior to your procedure
 - Eloquis (Apixaban) – Discontinue taking 5 days prior to your procedure
 - Pradaxa (Dabigatran) – Discontinue taking 5 days prior to your procedure.
 - Warfarin (Coumadin) - Please have the prescribing provider provide discontinuation instructions.
 - If you are taking any other anticoagulant, please call our office at 972-596-1059 to discuss.
- GLP-1 Medication - Stop one week prior to procedure.
 - Dulaglutide (Trulicity)
 - Exenatide extended release (Bydureon bcise)
 - Exenatide (Byetta)
 - Semaglutide (Ozempic)
 - Liraglutide (Victoza, Saxenda)
 - Lixisenatide (Adlyxin)
 - Semaglutide (Rybelsus)
- **You will need someone present to drive you home.**
- No outside items may be taken into the procedure room/operating room. Pillows and blankets from home are not allowed in pre-op or the procedure room/operating room.
- You will be asked to remove all clothing that might interfere with your procedure or be stained by the skin preparation including bra, underwear, shorts, pantyhose, or leggings.
- Please do not wear jewelry including watches and any piercings.

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POST-OP INSTRUCTIONS

Around 25% of people who have undergone a lumbar puncture develop a headache afterward due to a leak of fluid into nearby tissues. The headache typically starts several hours up to two days after the procedure and may be accompanied by nausea, vomiting and dizziness. The headaches are usually present when sitting or standing and resolve after lying down. Post lumbar puncture headaches can last from a few hours to a week or more. **The mainstay of treatment is bedrest and good hydration.** You may feel pain or tenderness in your lower back after the procedure. The pain might radiate down the back of your legs. Bleeding may occur near the puncture site or, rarely, into the epidural space and can compress nerves on rare occasions. If you develop a severe headache, fever, dizziness, or nausea / vomiting within 7 days after the procedure, or new severe back or leg pain or leg numbness, please let Dr. Frazier know

immediately. If you are not able to reach him you should call the physician that referred you to Dr. Frazier, or present to your nearest emergency room for evaluation.

A nonprescription pain relieving medication that contains acetaminophen can help reduce a headache or back pain. You may resume taking your medication unless otherwise instructed by your physician

Do not drive for 12 hours after procedure. Don't participate in strenuous activities the day of your procedure. You may return to work the following day if your job doesn't require you to be physically active.

You may resume your regular diet. Do not drink alcoholic beverages for 12 hours.