

Lumbar Puncture FAQs: How to Prepare/ Plan for your LP Visit

Q: What clothes should I wear?

A: You should wear loose comfortable clothing. You will be asked to get undressed from the top up only, so avoid 1 piece clothing items. Belts can be uncomfortable during the procedure because of the position you are in leaning over, so avoid them if possible.

Q: What if I take Plavix?

A: The guidance for an LP and Plavix is to stop for 7 days before the LP. If antiplatelet therapy is needed during that time, they can take aspirin (unless unable to put up with it). They should confirm this plan with their doctor prior to making any changes to their medications.

Q: What time should I start fasting?

A: Do not eat or drink anything (except water) after 9 pm the night before.

Q: When fasting do I need to avoid coffee and water?

A: Please avoid all food or drink including coffee EXCEPT water. Water is allowed and you should drink a sufficient quantity of it.

Q: Can I drive myself to the appointment and drive myself home?

A: Yes, a local anesthetic is used (no sedation), so it is safe for you to drive yourself. In addition, ample rest and recovery time with observation is built into the appointment.

Q: Will I need to rest the next day?

A: Avoid vigorous exercise and activities that require a lot of bending over for 48-72 hours. Following this timeframe, you should be able to resume everyday activities. This [fact sheet](#) has additional details.

Q: How long will I be there in total?

A: The total time will be around 1 hour. The procedure is only 20 minutes and the rest/observational time is 30 minutes.

Q: Any other special instructions I should be aware of?

A: We will provide you with an 'after care' handout following the procedure. [LP After Care](#)

We have an informational handout with details about LP: [LP handout](#)

Q: How often can I undergo a lumbar puncture if I am a part of more than one study?

A: Per Dr. Galasko, subjects who are willing to repeat a LP for other studies after recently completing one should wait at least 2 months before the next one.

More Information: (Helpful Videos)

English Brain Blast Video: LP procedure: [Lumbar Puncture Procedure](#)

University of Kentucky ADRC: [Procedure Depiction](#)