

Layton Aging & Alzheimer's Disease Center

Lumbar Puncture

Oregon Health & Science University
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Recommendations Following a Lumbar Puncture

As part of a diagnostic or research procedure you have had a lumbar puncture today. A lumbar puncture is a routine clinical procedure usually tolerated well without complications. However, side effects do occasionally occur. To decrease the risk of side effects of the procedure we recommend that you:

1. Take the rest of the day off following the lumbar puncture.
2. Drink plenty of liquids to replenish the cerebrospinal fluid removed during the procedure. Avoid caffeine and alcohol, as they tend to promote dehydration.
3. For 48 hours following the procedure, avoid heavy lifting and straining.
4. If you have questions or concerns, or if you experience a side effect from the procedure, please call (503) 494-7615.

If you need to reach a physician in the evening or on the weekend, please call (503) 494-8311 and ask for the Neurologist on-call.