STILLWATER MEDICAL CENTER
Lumbar Puncture or Myelogram
Pre Surgery Services

PATIENT PRE PROCEDURE INSTRUCTIONS

Please report to: ☐ Medical Plaza SMC Surgery Center Registration
☐ Central Registration in the Main Lobby

_____	_____	_____
Day	Date	Time

1. Stop eating 1 hour before your admission time. Until then you may eat your regular diet.
2. Drink plenty of fluids. You make drink liquids until your admission. Between the time of your admission and the time of your procedure, you may not have anything to drink.
3. Take all your regular medication except: compazine, mellaril, prolixin, serentil, stelazine, thorazine, trilafon, phenergan (No Phenothiazine drugs)
4. Wear comfortable clothing. Please do not bring any expensive articles of clothing, credit cards or jewelry.
5. After the procedure you will be asked to remain in bed for the first hour. You will to remain in the hospital for 2 to 6 hours after the procedure, and then you will be dismissed. You must have a responsible adult to drive you home and stay with you for at least 12 hours after discharge.
6. For the first 24 hours after your procedure do not lay flat. You may sit in a recliner, sit upright or if in bed use several pillows to elevate your head.
7. When you go home: Avoid any excitement or rigorous activity for 24 hours
   A. Drink large amounts of fluids
   B. Do not drive or operate machinery for 24 hours

Call Pre-Surgery Services 742-5709 Monday through Friday 8am to 5 pm if you have any questions.

_____	_____	_____
Patient's Signature	Date	Time
_____	_____	_____
Signature of Person Giving Instructions	Date	Time

PC: Copy for Chart Reviewed/Revised: 3/22/11, 10/21/14 Reference: For Use On:	STILLWATER MEDICAL CENTER **Lumbar Puncture or Myelogram** *Pre Surgery Services* Patient Instructions	Patient Label (Pt Name, V#, MR#, DOB, DOS, Age, Sex, Loc, Physician)