

# 腰椎穿刺術和腦脊液分析

## 簡介

腦脊液是穿刺腰椎間取得，用於診斷神經疾病，例如腦炎，腦膜炎，蛛網膜下腔出血和頭顱內壓增高等。某些情況下，這項檢驗是唯一的斷症途徑。

## 準備工作

需簽署手術同意書。

## 過程

- ◆ 病人須側臥，頭向下，雙手抱住膝關節，腰背部凸出，方便針頭刺入
- ◆ 整個過程採用無菌操作。局部麻醉後，醫生用一個細小的針頭刺入腰部的脊髓腔，並量度腦脊液的壓力
- ◆ 此時請盡量放鬆
- ◆ 醫生抽取五至十毫升腦脊液送往化驗
- ◆ 護士會將傷口會被包紮好。除特殊情形外，則整個過程需時約少於三十分鐘

## 護理和建議

- ◆ 穿刺完成後，病人須臥床休息六至十二小時
- ◆ 請多飲水，可預防頭痛。如有頭痛，請即通知護士給止痛藥
- ◆ 如發現衣服有液体滲出，請立即通知護士檢查傷口及重新更換止壓敷料

## 併發症

- ◆ 最常見是頭痛，通常可用藥物舒緩
- ◆ 非常罕有地，頭顱內壓增高導至死亡或腦幹受損
- ◆ 在非常罕見地，脊髓硬膜下出血，血塊壓着神經，導致下半身癱瘓


如有任何查詢，請聯絡你的主診醫生

以上質料由瑪麗醫院內科部提供。



瑪麗醫院  
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## 腰椎穿刺術和腦脊液分析 LUMBAR PUNCTURE & CEREBRAL SPINAL FLUID TEST

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# LUMBAR PUNCTURE & CEREBRAL SPINAL FLUID TEST

## Introduction

In certain diseases of the nervous system such as infections of the covering of the brain (meningitis), brain tissues (encephalitis), bleeding (haemorrhage) and tumours with the brain and the spinal cord, cerebral spinal fluid obtained through lumbar puncture is the only test to confirm the diagnosis.

## Preparation

A written consent is required

## Procedure

You will be instructed to lie on your side, curled up to a head-knee position. The procedure is performed under local anaesthesia with germ-free technique at the space between two lumbar backbones. Please relax throughout the procedure. Cerebral pressure will be measured and

5-10ml of fluid will be obtained for laboratory analysis. The puncture wound will be sealed with dressing. This procedure usually lasts less than 30 minutes.

## Care & Advice

- ◆ You are advised to lie flat in bed with one low or no pillow under your head for 6-12 hours
- ◆ Drink more water to prevent headache. If headache occurs, inform your nurses for painkillers
- ◆ If you find the dressing is wet, inform your nurses. New pressure dressing will be applied

## Complications

- ◆ Headache which can usually be controlled by painkillers
- ◆ Very rarely, increased intra cranial pressure may lead to brain stem damage
- ◆ Paraplegia of lower limbs might rarely occur due to accumulation of blood clots pressing on the nerves

Should you have any queries, please consult your doctor-in-charge

Information provided by Department of Medicine, Queen Mary Hospital.