

# Baaritaanka caabuqyada halista ah iyo Habka Dhexe ee Neerfayaasha

## Lumbar Puncture

Lumbar puncture, also called a spinal puncture or spinal tap, is a test where a small amount of fluid is removed from the space around the spinal cord. The fluid, called cerebrospinal fluid or CSF, is tested for problems.

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or leave alone.

Arrive on time for your test. Plan on being here for about 2 hours. The test takes about 45 minutes.

### To Prepare

- Talk to your doctor about the medicines you take, including prescription and over the counter medicines, vitamins, minerals or herbal supplements. If you are taking any medicines to thin your blood, you may need to stop or change your medicines before your test.
- You may need to have some blood tests done before this test. Talk to your doctor about when and where you should have the tests done.
- Have an adult drive you to your test and be there to take you home after the test. It is not safe for you to leave after the test by yourself.

Baaritaanka laf dhabarta, oo sidoo kale loo yaqaan baaritaanka dhabarka ama tuubada dhabarka, waa baaritaan dareere yar looga sooqaado aagaga lafta dhabarka danbe. Dareereha, oo sidoo kale loo yaqaan dareeraha laf dhabarta iyo maskaxda ama CSF, waxaa laga baraa xanuuno.

Xubnaha qoyska ama saaxiib qof wayn ay ayaa loo baahan yahay inuu kusoo raaco si uu guriga kuugu kaxeeyo baaritaanka kadib. Amaan ma ahan inaad adigu gaari guriga u wadato ama aad kaligaa baxdo.

Imoow xiliga baaritaanka. Qorshee inaad halkaan joogto muddo 2 saac ah. Baaritaanka wuxuu qaadataa 45 daqiiqo.

### Si aad U diyaargarowdid

- Kala hadal dhaqtarkaaga daawooyinka aad qaadata, oo ay kujiraan daawooyinka lagu soo qoray iyo kuwa dukaamada, fiitamiinada, macdaanta ama daawooyinka dhirta. Haddii aad qaadanayso wax daawo ah oo aad ku qafiifineyso dhiigaaga, waxaad lagaa rabi karaa inaad joojiso ama aad bedesho daawooyinkaaga kahor baaritaankaan.
- Waxaa lagaa qaadi karaa baaritaan dhiig kahor baaritaankaan. Kala hadal dhaqtarkaaga goorta iyo meesha aad baaritaanada ku geleyso.
- Qof wayn hakuu ka xeeyo goobta baaritaanka hana kula joogo si uu guriga kuu keeno baaritaanka kadib. Badqab ma ahan inaad adiga kaliga iskaga baxdo marka baaritaanka lagugu sameeyo.

- The day of your test, remove any jewelry, including any piercings. Bring a list of all your medicines and your allergies, your insurance card and a photo ID.

## During the Test

- You will wear a hospital gown.
- The staff will help you into one of these positions:
  - Lie on your left side with your knees pulled up to your stomach as far as you can.
  - Sit on the side of the bed and lean over a table.
  - Lie on your stomach.
- The doctor cleans your lower back with a special soap. This may feel cold.
- Numbing medicine is put into the skin on your back. This may sting for a few seconds.
- When the skin is numb, a needle is placed between the bones of your spine to get the fluid. The needle does not go into your spinal cord.
- You may feel some pressure but no pain. Breathe slowly and deeply, relax and try not to move.
- While the needle is in place, you must stay very still.
- Fluid is removed through the needle in a slow drip. This may take 5 to 20 minutes based on how much fluid is needed.
- The needle is taken out and a band-aid is put on the site.

- Maalinta baaritaanka, iska saar dahab kasta, oo ay kujiraan dhegaha. Keen liiska dhammaan daawooyinkaaga iyo xasaasiyadaada, kaarkaaga caymiska iyo sawir aqoonsi.

## Inta lagu jiro Baaritaanka

- Waxaad xiranaysaa dharka isbitaalka.
- Shaqaalaha ayaa kaa caawin doona mid kamid ah qaababkaan:
  - U seexo qaybta bidix adoo lawyahaaga ka fogenaya caloosha inta ugu macquulsan.
  - Fariiso dhanka sariirta kuna soo foorarso miiska.
  - Ku seexo calooshaada.
- Dhaqtarka waxa qaybta hoose ee dhabarkaaga ku nadiifinayaa saabuun khaas ah. Waxaad dareemi kartaa qaboow.
- Daawada dareenka baabi'isa ayaa la gelin doonaa qaybta danbe ee dhabarkaaga. Tani waxay qaadan kartaa dhowr ilbiriqsi.
- Marka maqaarka la kabuubeeyo, cirbad ayaa lagu mudi doonaa dhexda lafaha laf dhabartaada si loo soo qaado dheecaan. Cirbadu ma taaban doonto laf dhabartaada.
- Waxaad dareemi kartaa xoogaa cadaadis ah laakiin ma dareemi doontid xanuun. Si degan oo hoose u neefso, isdeji iskuna day inaadan dhaqaaqin.
- Marka cirbadu la geliyo meesha, waa inaadan isdhaqaaqin.
- Dheecaanka waxaa si yaryar loogu soo qaadayaa cirbada. Tani waxay qaadan kartaa 5 illaa 20 daqiiqo ayadoo lagu saleynaayo cadad dheecaanka loo baahan yahay.
- Waxaa lasoo saarayaa cirbada kadibna meesha waxaa lagu dhejin doonaa suuf.

## After the Test

- You will lie flat for 1 hour. Ask for help to get out of bed if you need to go to the bathroom during this time. Your blood pressure, heart rate and breathing rate will be checked.
- You will need to have an adult family member or friend take you home for your safety.
- On the ride home, you may be directed to lie flat on your back in the back seat of the car if you have a headache.
- At home, if you have a headache, lay down for at least an hour with your head flat or propped up on only 1 pillow.
- You can get up to go to the toilet.
- Drink plenty of liquids, especially water and caffeine drinks to avoid or ease a headache.
- Take acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) as directed on the label to help ease your headache if needed.
- Avoid exercise and strenuous activity for the next 24 hours.
- Remove the band-aid from the site the day after your test.
- Test results are sent to your doctor. Your doctor will share the results with you.

## Baaritaanka Kadib

- Waxaad jiiifan doontaa 1 saac. Codso caawimaad si lagaaga dejiyo sariirta haddii aad dooneyso inaad aado musqusha inta lagu jiro waqtigaan. Dhiig karkaaga, heerka wadno garaaca iyo neefta ayaa la hubin doonaa.
- Waa inuu qof wayn oo qoyskaaga ah ama saaxiib uu guriga kuu qaadaa si badqabkaaga loo dhawro.
- Marka aad guriga aadeyso, waxaad lagu soo jeedin karaa inaad si siman ugu seexato kursiga gaariga haddii aad dareemeyso madax wareer.
- Marka aad guriga joogto, haddii aad dareento madax xanuun, seexo ugu yaraan hal saac adiga oo aan dhaqdhaqaaqineyn madaxa ama u dhigaaya 1 barkin.
- Waad sookici kartaa si aad u aado musqusha.
- Cab cabitaan badan, gaar ahaan biyo iyo kafee si aad iska ilaaliso ama oga hortagto madax wareerka.
- Qaado acetaminophen (Tylenol) ama ibuprofen (Advil ama Motrin) adoo u qaadanaaya sida ku qoran baakada si aad madaxa ugu dejiso haddii aad u baahan tahay.
- Iska ilaali jimicsiga iyo hawlaha adag inta lagu jiro 24 ta saac ee xigta.
- Suufka ka saar meesha lagaa duray maalinta ka danbeysa baaritaankaaga.
- Natijada baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga ayaa kuu sheegaaya natijada.

**Call your doctor right away if you have:**

- A severe headache
- Nausea or vomiting
- A fever
- Numbness or tingling in your legs
- More back pain

**Call 911 right away if you have excessive bleeding or drainage at the site.**

Talk with your doctor or nurse if you have any questions or concerns.

**Soo wac dhakhtarkaaga isla markaas haddii aad qabto:**

- Madax xanuun saa'id ah
- Aad dareento lalabo ama matag
- Qandho
- Dareen la'aan ama lugaha oo ku jariricooda
- Dhabar xanuun badan

**Wac 911 isla markiiba haddii aad isku aragto dhiig bax badan ama dheecaan ka imaanaya meesha.**

Lahadal dhakhtarkaaga ama kalkaalisada haddii aad qabto wax su'aalo ah ama walaacyo ah.