# Brigham & Women's Hospital Resident Guide for Lumber Puncture/Myelogram 2016-2017

#### **Introduction to LP/Myelogram Service**

The service for fluoroscopy-guided lumbar puncture and myelogram is separate from the Head, Neck, Spine Intervention (HNSI). Specifically, these cases are performed with the Room Czar attending and not the HNSI attending. Currently, residents are required to perform at least 5 LPs and/or myelograms during residency. There is not yet a specified rotation on this service in the curriculum so please touch base with the fellow/attending on service during your Neuroradiology rotation to get involved.

The cases are performed in the fluoroscopy suite room 18, on L1 (in the same area as GI/GU fluoro suite). The patient shows up to the Cardiovascular Recovery Room on L2 (the same recovery room as Angio IR)- this is where you'll go to consent patient.

The schedule can be checked on epic, under Neuro CSIR Room 18.

#### Work-up

Both LP and myelogram cases are typically pre-worked up one week in advance by the HNSI or Czar fellow. Please touch base with any of the neurorad fellows to obtain additional information from the work up.

However, cases may be added on, i.e. inpatient request. Even if the cases are pre worked up, I would suggest going through the patient's medical record on your own to make sure there is no red flag.

#### Lumbar Puncture

- -Work up the case by reviewing referring clinician's note. Review patient's any coagulation issue and medication list.
- Lumbar puncture and myelogram is considered Category 0 exam and we follow the same departmental guideline for anticoagulation (see **Appendix II** for anticoagulation guideline).
- -Confirm the indications for LP, which could be for large volume CSF removal, CSF analysis, measurement of opening/closing pressure, or intrathecal chemotherapy administration. If this is unclear from the order or note, contact the referring clinician to confirm.
- -If CSF needs to be sent, check to make sure there are CSF lab orders placed on Epic by the ordering physician, under "Labs".
- -It is important to review prior imaging studies. Either spine imaging or CT of abdomen/pelvis would give you important information about the patient's anatomy and allow you to plan the approach (midline or paramedian, the best level) as well as the appropriate length of the spinal needle.

#### Myelogram

- -Work up is same as above, with a few additional points:
- -There is a small potential risk of seizure caused by intrathecal contrast. There is a long list of medications (most are antiseizures and antidepressants) that may lower the seizure threshold and thus should be stopped, typically for 48 hours, prior to the procedure and started at 24 hours post procedure. The complete list can be found at <a href="http://www.hopkinsmedicine.org/radiology/patient-information/exams-procedures/myelogram.html">http://www.hopkinsmedicine.org/radiology/patient-information/exams-procedures/myelogram.html</a>, "View complete list of medications" halfway down the page). Alternatively, search on Google for "Johns Hopkins, myelogram".
  - -Patient needs to be NPO after midnight (not because we use sedation, but because of concern of seizure).

Patient needs someone to drive them home (also out of concern of seizure).

#### **Consent**

- See **Appendix III** for consent and discharge instruction forms. These can also be found in the reading room (underneath the printer). Ask fellow if you can't find them.
- -Consent patient who will be in the cardiovascular recovery room (same as angio/IR reading room) on L2. The discharge instructions can also be discussed, signed by you and left in chart at the time of consent. CVRR nurse will go over with patient again before discharge. Inpatients should be consented on the floor.
- -In addition to the usual bleeding, infection, injuring of nerve, also consent for temporary worsening of symptoms and post LP headache. For myelogram, patient may have headache when contrast reaches the high cervical/brain level. Of course, also mention seizure when consenting for myelogram.
  - <u>Post LP headache</u>: affects 10 to 30 percent of patients following lumbar puncture, is one of the most common complications of the procedure. Post-lumbar puncture headache is caused by leakage of cerebrospinal fluid from the dura with resultant traction on pain-sensitive structures. Characteristically present with frontal or occipital headache within 6 to 72 hours of the procedure that is exacerbated in an upright position and improved in the supine position. Associated symptoms may include nausea, vomiting, dizziness, tinnitus, neck stiffness, and visual changes. Without treatment, the headache typically lasts 2 to 15 days. Recommend patients to take Tylenol if this happens.
- -Call IR coordinator at **x27245** (typically Lynn or Peter) to let them know when you finish consenting so they can help coordinating with the assigned technologist and to get transport.

#### **Epic-Navigation**

-Complete Pre-procedural assessment on Epic (See Appendix IV).

#### Post-procedure

- -Call CVRR nurse to give verbal sign out when procedure is completed at **617-930-1697**. This is usually brief but must be done. Let the nurse know if there is any complication, where the puncture site is and to confirm when they can discharge patient.
- -Complete post-procedure note and orders on Epic (see  ${\bf Appendix}\ {\bf IV}$  on this).
- -Typically monitor patient for 1 hour after LP, 2 hours after myelogram
- -CSF fluid for outpatients should be labeled with patient's sticker and delivered (by you) to the lab which is on the second floor 75 Francis St, under the stairs, just to the left of Amory elevators and the Shapiro bridge.
- -CSF fluid for inpatients can go back with them to the floor or submitted by you to the lab. If sent to floor, call resident to let them know.

# **Appendix I: Phone Numbers**

| <ul> <li>Neuroradiology Reading Room</li> </ul> | • x32450, x27237 option 5 |
|---|---------------------------|
| IR coordinator                                  | • x27245                  |
| CVRR nurse for sign out                         | • 617-930-1697            |
| • Room 18                                       | • x80823                  |
| Neuroradiology fellow on call pager             | • p11890                  |

#### **Appendix II: Anticoagulation Guidelines**

#### **ELECTIVE PROCEDURE RISK CATEGORY**

#### Category 0: Procedures with Very Low Risk of Bleeding

Paracentesis (see appendix A), LP, myelogram, spine or joint (including pubic symphysis, SI joint, iliopsoas bursa, trochanteric bursa) injections for pain, arthrograms

#### **Category I: Procedures with Low Risk of Bleeding**

Thoracentesis, superficial biopsy (e.g. superficial inguinal node or subcutaneous mass), superficial needle aspiration or catheter drainage of fluid (e.g. subcutaneous fluid collections and Baker's cysts), drainage catheter exchange (excluding catheters within solid organs, e.g. liver, kidney); biopsy of intramuscular masses, bone biopsies including bony pelvis but excluding spine

#### Category II: Procedures with Moderate Risk of Bleeding

Fine needle biopsy of visceral solid organs or lung, drainage catheter exchange (within solid organ), retroperitoneal non-solid organ catheter drainage, alcohol ablations; all neck or spine biopsy procedures

#### Category III: Procedures with Significant Bleeding Risk, Difficult to Detect or Control

Large needle (core) biopsies of solid organs (parenchymal or focal masses) or lung, thermal ablations (RF, Cryo, Microwave), intraperitoneal catheter drainage, solid organ catheter drainage

#### PRE-PROCEDURE LABS

All patients should be screened for a history of bleeding disorders, anticoagulant medications, or bleeding risk factors. In the absence of these clinical risk factors, the ordering of <a href="both">both</a> PT and PTT should be uncommon and requires documentation of medical necessity in the medical record of separate indications for both PT and PTT (example, patient being transitioned from warfarin to unfractionated heparin). For procedure risk categories II or III, in patients <a href="without">without</a> identifiable risk factors or anticoagulant medications, documented values within guidelines for PT within 30 days and PTT any time in the past are acceptable. In the absence of risk factors and without prior documented normal values, PT, PTT, and CBC may all be ordered to screen for unsuspected coagulopathies prior to Category II or III procedures.

| Lab | Procedure Risk     | Acceptable | Reason(s) to measure   |  |  |  |
|-----|--------------------|------------|--|--|--|--|
| PTT | Category 0 or I    | PTT < 2 x  | Unfractionated Heparin, uncharacterized bleeding history/risk factor         |  |  |  |
|     | Category II or III | PTT < 1.5x | Routine, unless previous normal documented value and no risk factors         |  |  |  |
| PT  | Category 0 or I    | INR ≤ 3    | Warfarin, Known/suspected liver disease, uncharacterized bleeding            |  |  |  |
|     |                    |            | history/risk factor  |  |  |  |
|     | Category II or III | INR ≤ 1.5  | Routine, unless previous normal documented value within 30 days and no       |  |  |  |
|     |                    |            | risk factors   |  |  |  |
| CBC | Category 0 or I    | PLT ≥ 25K  | Suspected thrombocytopenia, DIC, sepsis, malignancy and/or chemotherapy,     |  |  |  |
|     |                    |            | medications including chloramphenicol, colchicine, H2 blockers, hydralazine, |  |  |  |
|     |                    |            | indomethacin, isoniazid, quinidine, streptomycin, sulfonamide, thiazide      |  |  |  |
|     |                    |            | diuretics, tolbutamide   |  |  |  |
|     | Category II        | PLT ≥ 50K  | Routine (also provides baseline Hct) within 30 days                          |  |  |  |
|     | Category III       | HCT ≥ 25   | Routine (also provides baseline Hct) within 30 days; *Consider PLT ≥ 90K     |  |  |  |
|     |                    | PLT ≥50K*  | prior to liver cryoablation.   |  |  |  |

#### MEDICATION MANAGEMENT

Aspirin (includes aspirin combination drugs, e.g. Aggrenox)

**Do not stop if used for secondary prophylaxis (e.g., prior CV event such as CVA, MI, or coronary stent placement) without cardiovascular or PATC consult.** Benefits v. risks must be carefully considered. Many procedures can be performed while on ASA with minimal increased risk of bleeding complications.

Primary prophylaxis, 81 mg:

Category 0, or I: continue ASA

Category II or III: stop 5 days before, restart >24 hours after

Primary prophylaxis, > 81 mg: Category 0: continue ASA Category I: stopping prior to procedure is optional, timing is at the discretion of the radiologist, restart > 12 hours

Category II or III: stop 5 days before, restart >24 hours

Non-elective/emergency: ignore

**Clopidogrel** (Plavix) or Prasugrel (Effient)

Do not stop if used for secondary prophylaxis (e.g., prior CV event such as CVA, MI, or coronary stent placement) without cardiovascular or PATC consult. Benefits v. risks must be carefully considered.

Consider deferring elective procedures or employing bridging strategy if procedure is critical to care. Primary prophylaxis:

Category 0: optional - stop  $\geq$  5 days, restart > 12 hours

Category I: stop  $\geq$  5 days, restart >12 hours

Category II or III: stop  $\geq$  5 days, restart >24 hours

Non-elective/emergency procedures: Consider PLT transfusion if stopped < 5 days; transfuse at least 6 hrs after last dose

#### Heparin (unfractionated, IV or SQ)

SQ, Prophylactic dose:

Category 0: ignore

Category I-III: stop 4-6 hours, do not need to recheck PTT; restart > 12 hours

Therapeutic dose:

Category 0 or I: stop for 4-6 hrs; restart >12 hours

Category II or III: stop for 4-6 hrs; optional recheck PTT, restart >24 hours

Non-elective/emergency: consider protamine reversal (by referring medical/surgical team)

LMW Heparin (low-molecular weight, e.g. Lovenox, dalteparin/Fragmin)

Prophylactic dose, 5,000 IU once per day:

Category 0: ignore

Category I: stop 12 hours before, restart > 12 hours

Category II or III: stop 12 hours before, restart > 24 hours

Therapeutic dose, >= 5,000 IU once per day:

Category 0: optional stop 24 hours before, restart > 12 hours

Category I: stop 24 hours before, restart > 12 hours

Category II or III: stop 24 hours before, restart >24 hours

Urgent procedure: ignore prophylactic LMWH, can perform 8-10 hours after last therapeutic dose **NSAIDS** (other than ASA)

Category 0 & I: ignore

Category II or III: consider stopping 48 hours (optional)

Non-elective/emergency: ignore

Warfarin (Coumadin)

Consider LMW heparin bridge if high risk for VTE, e.g. heart valve surgery, recent PE, DVT.

Category 0: optional to stop  $\geq$  5 days, restart > 12 hours

Category I: stop > 5 days, restart > 12 hours

Category II or III: stop  $\geq$  5 days, restart >24 hours

Non-elective/emergency: consider FFP/Vit K

#### Other anticoagulants

Category I, II, or III:

Direct thrombin inhibitor (non-reversible): dabigatran (Pradaxa), Factor Xa inhibitors: Fondaparinux (Arixtra), rivaroxaban (Xarelto), apixaban (Eliquis), edoxaban (Savaysa) - stop for 48 hrs; <u>if EGFR < 50</u>, <u>stop for 4 days</u> - stop for 48 hrs

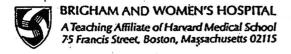
Antiplatelet: Tirofiban (Aggrastat) or eptifibatide (Integrillin): stop for at least 6 hrs

Reversible direct thrombin inhibitors (do not cause HIT): Argatroban - stop for 4 hours, consider checking PTT; also Bivalirudin (Angiomax) infusion: stop for ≥ 2 hours

Phosphodiesterase inhibitor (inhibits plt aggregation) - cilostazol (Pletal); stop 4 days

## **Appendix III: Consent and Patient Discharge Instruction Forms**

See next page.



### **CONSENT FOR PROCEDURE**

<u>Use Patient ID Plate</u>
PATIENT MUST BE IDENTIFIED BY
NAME AND MEDICAL RECORD NUMBER

PROCEDURE: Myelography

I have explained to the patient the nature of his/her condition, the nature of the procedure, and the benefits to be reasonably expected compared with alternative approaches.

I have discussed the likelihood of major risks or complications of this procedure including (if applicable) but not limited to infection, hemorrhage, drug reactions, complications of transfusion, blood clots, loss of sensation, loss of limb function, paralysis, brain damage and loss of life. I have also indicated that with any procedure there is always the possibility of an unexpected complication, and no guarantees or promises can be made concerning the results of any procedure or treatment.

#### Complications related to myelography are:

Headache

Nausea/vomiting

Temporary accentuation of back pain/leg pain

#### Rare complications:

.Dizziness

Tingling sensations in limbs

Neck stiffness

Allergic contrast reaction . .

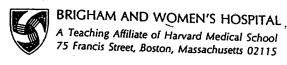
Seizures

Disorientation

Infection

Additional comments (if any):

|              |  |         |       |        |            |         |         | · · · · · · |              |         |          |        | •       | •        |
|--------------|--|---------|-------|--------|------------|---------|---------|-------------|--------------|---------|----------|--------|---------|----------|
|              |  |         | :     | ٠      | 1          |         |         |             | .: '         |         |          | • .    | •       |          |
| All question | ns were  | answere | d and | the pa | tient cons | sents t | o the p | rocedure.   |              |         |          | •      |         |          |
|              | = - <sub>2</sub> = = = = = = = = = = = = = = = = = = = | , . :   | •     |        |            | ·       |         | .,,,        |              |         |          | İΤ     |         | M.D.     |
| • •          |  | •       |       |        | •          | ·       | • •     | ·           |              |         |          |        |         |          |
| ·Dr          | <del></del>  |         |       |        | <u> :</u>  |         | _ has   | explainėd ( | the above to | o me an | d I cons | ent to | the pro | ocedure. |
|              |  |         |       |        |            |         |         |             |              |         |          | •      | •       |          |



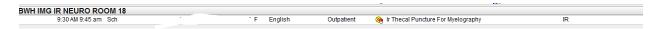
# Department of NeuroradiologyMyelogram Home Care Instructions

| Discharge Time am/pm   | the state of the s |            |
|--|--|------------|
| To be home alone   | To be with Family/Friends  |            |
| To a Facility  |  | •          |
| Address:   |  |            |
|  | _  |            |
| -  | Telephone in AM ( )  |            |
| <ol> <li>Activity: Do not drive today. A companion<br/>car in a low position with your head elevate<br/>degrees until bedtime. Then you may lie fla<br/>the bathroom and may sit briefly for meals.</li> <li>NOTE: For today, keep your head above your</li> </ol> |  | he<br>k to |
| 2. Medications: Resume taking   all or   |  |            |
| Medicine Dose  | When to take Action  |            |
|  |  |            |
|  | ⟨ if information on Medications Attached: □  |            |
| NOTE: a. If a headache occurs, take  | or the pain reliever of your cho   | ice.       |
| NOTE: a. If a headache occurs, take b. If headache continues or persistr   | or the pain reliever of your chonet nausea or vomiting should occur tonight, call your referring physical plenty of fluids. (e.g. fruit juices, carbonated boxes, and water)   | ian.       |
| NOTE: a. If a headache occurs, take b. If headache continues or persistr 3. Diet Instructions: Eat lightly today. Drink  | or the pain reliever of your chonet nausea or vomiting should occur tonight, call your referring physical plenty of fluids, (e.g. fruit juices, carbonated beverages and water).   | ian.       |
| NOTE: a. If a headache occurs, take b. If headache continues or persistr 3. Diet Instructions: Eat lightly today. Drink Avoid alcoholic beverage   | or the pain reliever of your chonet nausea or vomiting should occur tonight, call your referring physiciplenty of fluids, (e.g. fruit juices, carbonated beverages and water). ges today.  | ian.       |
| b. If headache occurs, take b. If headache continues or persistr  3. Diet Instructions: Eat lightly today. Drink Avoid alcoholic beverag  4. Patient given a copy of "A Patient's Guide  | or the pain reliever of your chonet nausea or vomiting should occur tonight, call your referring physiciplenty of fluids, (e.g. fruit juices, carbonated beverages and water). ges today.  to Myelography"  Yes  No  | ian.       |
| b. If headache occurs, take  b. If headache continues or persistr  3. Diet Instructions: Eat lightly today. Drink Avoid alcoholic beverag  4. Patient given a copy of "A Patient's Guide  5. Instructions given to:   patient   con                                | or the pain reliever of your chonet nausea or vomiting should occur tonight, call your referring physical plenty of fluids, (e.g. fruit juices, carbonated beverages and water). to Myelography"  Yes  No  Impanion  at (  | ian.       |
| b. If headache occurs, take  b. If headache continues or persistr  3. Diet Instructions: Eat lightly today. Drink Avoid alcoholic beverag  4. Patient given a copy of "A Patient's Guide  5. Instructions given to:   patient   con                                | or the pain reliever of your chonet nausea or vomiting should occur tonight, call your referring physiciplenty of fluids, (e.g. fruit juices, carbonated beverages and water). ges today.  to Myelography"  Yes  No  | ian.       |
| b. If headache occurs, take  b. If headache continues or persistr  3. Diet Instructions: Eat lightly today. Drink Avoid alcoholic beverag  4. Patient given a copy of "A Patient's Guide  5. Instructions given to:   patient   con                                | or the pain reliever of your channel nausea or vomiting should occur tonight, call your referring phys plenty of fluids, (e.g. fruit juices, carbonated beverages and wate ges today.  To Myelography"  Yes  No  | ic         |

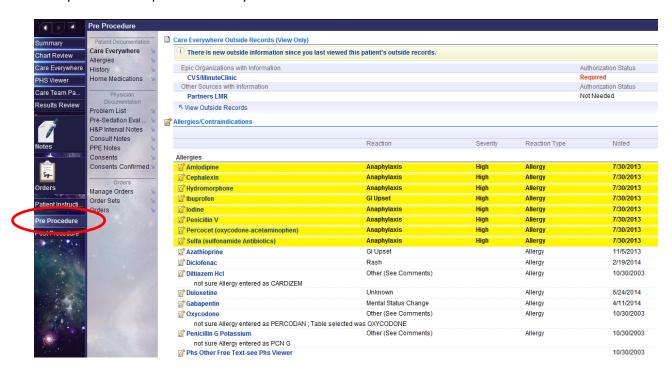
# **Appendix IV: Navigating Epic**

# Navigating EPIC for Lumbar punctures/drains or Myelograms

Off the Status Board in EPIC, select the patient off Room 18 and double click on the name.

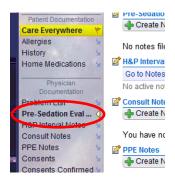


Once you are in the patient's chart you will see a screen like this in the Pre Procedure:

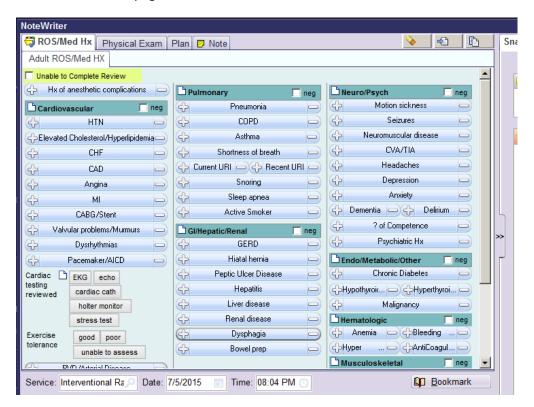


Check patient's allergies and make sure they are not allergic to contrast if doing a myelogram (which in this case this patient is allergic to iodine). Hopefully they are on prophylaxis. ©

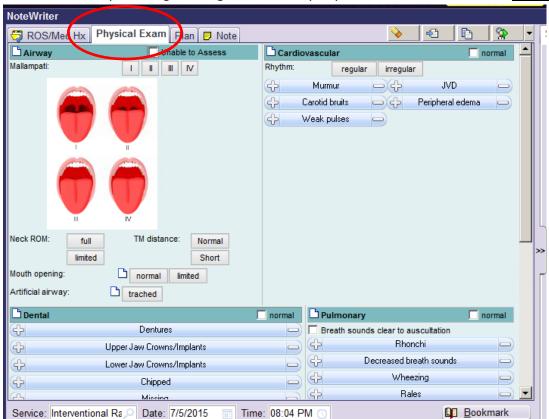
For LPs and myelograms, you have to do a Pre-sedation Evaluation. Click on Pre-sedation Evaluation:



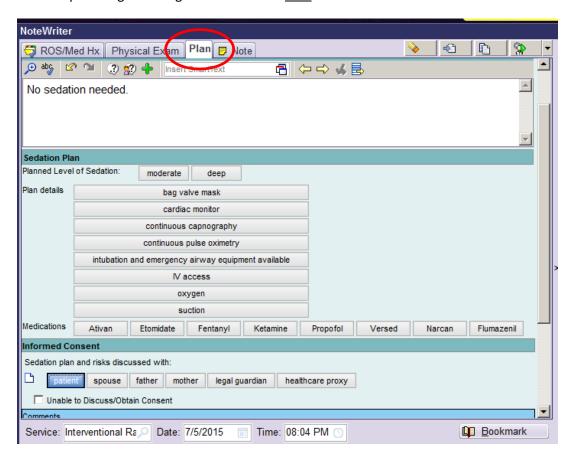
Which will lead to a page like this:



Fill out the form by checking off things as reasonably as you can. Then move onto the **Physical Exam**:



Then keep moving to the right on the tabs to **Plan**:



Since we usually do NOT need any sedation for LP or myelograms, type in either:

"No IVCS sedation necessary" or ".CSIRNOIVCS" (use this for patients not requiring sedation)

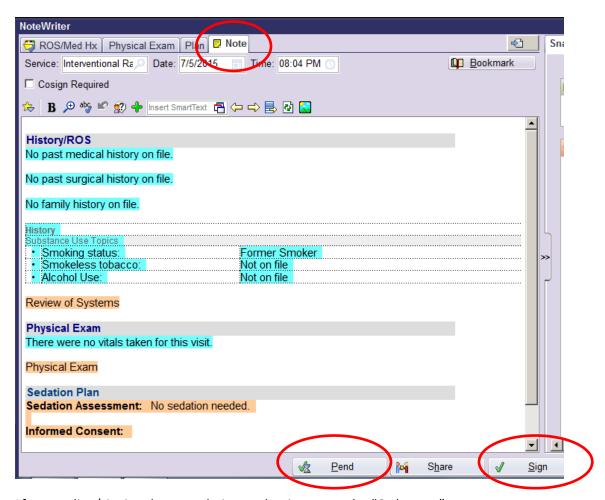
The procedure is planned without the need for IVCS. Local anesthesia may be employed. Informed consent for the procedure was obtained and the signed consent form is ready to be scanned into the medical record.

A paper informed Consent should be obtained and the "patient" button should be clicked so it turns

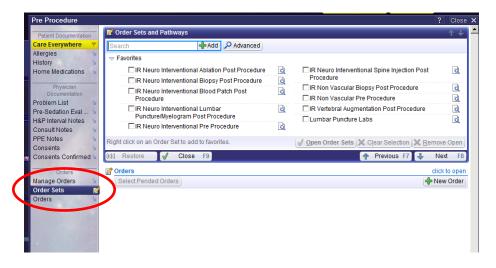


If informed consent was obtained by healthcare proxy, click that instead.

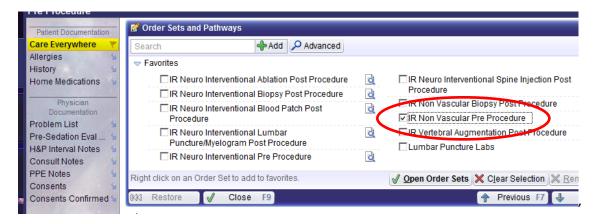
Click on the **Note** tab and finish by Pending or Signing the note. I like to pend the note and sign it afterward (e.g., after the procedure is completed).



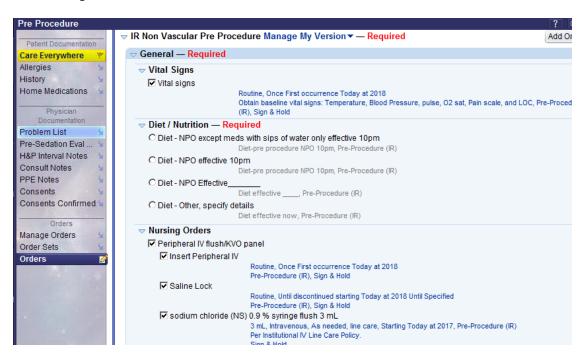
After pending/signing the presedation evaluation, go to the "Order sets"

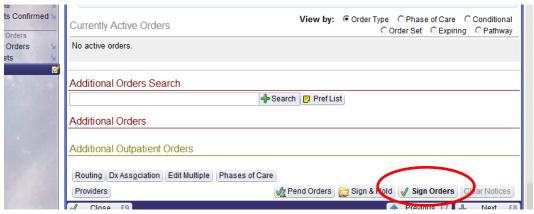


#### Select the IR Non Vascular Pre Procedure order set



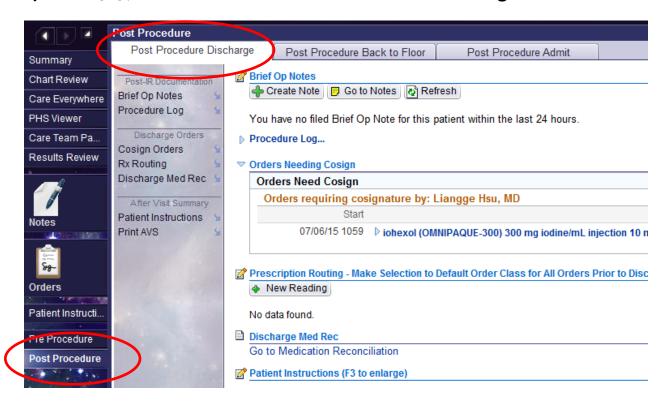
For myelograms and lumbar drains you will need IV access. For myelograms they need to be NPO prior to the procedure. Lumbar drains and LP do NOT need to be NPO but just click it since diet is required. For just lumbar puncture, you do **NOT** need to put in IV access, just vitals and diet. Select what you need and sign orders at the bottom



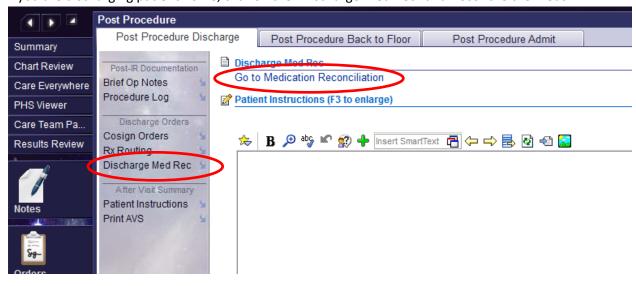


After you have completed the procedure, go back to EPIC and go to Post Procedure. HERE is a very IMPORTANT step depending whether you are discharging the patient 1) <a href="https://example.com/home">home</a>, sending them 2) <a href="https://example.com/home">back to floor</a>, or 3) <a href="https://example.com/home</a>. For lumbar drains, neurosurgery will be admitting the patient and they will enter all the post-procedure orders. We the neurorad service do NOT need to enter post-procedure orders.

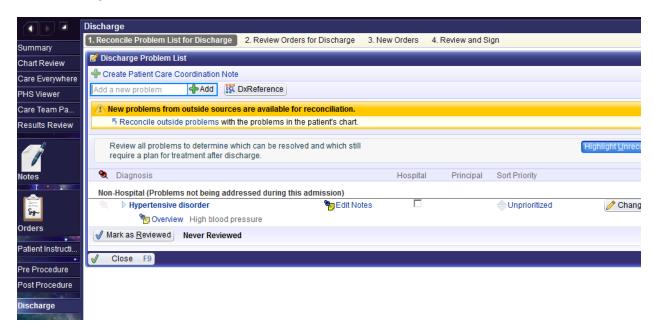
1) If discharging patient home, select tab Post Procedure Discharge



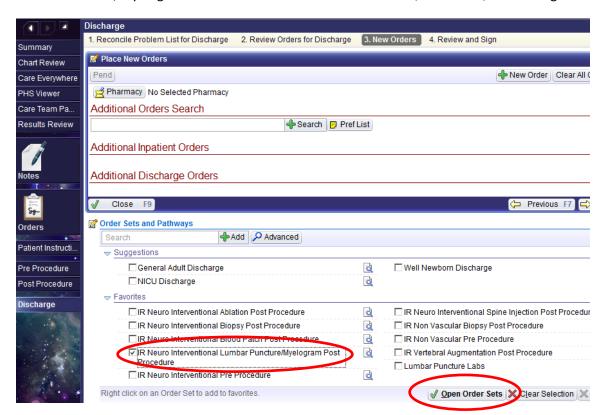
If you are discharging patient home, click on the "Discharge Med Rec" and Reconcile the meds.

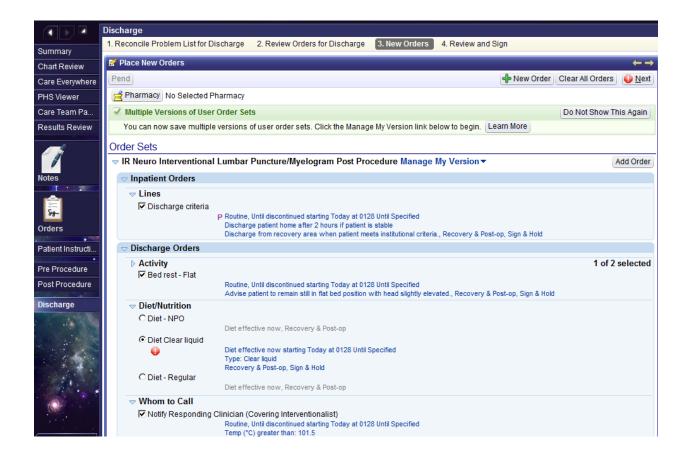


Go thru each: 1. Reconcile Problem List for Discharge; 2. Review orders for Discharge; 3. New orders; 4. Review and Sign



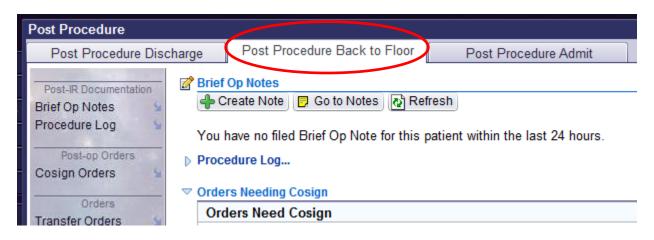
In the "New Orders" you will see the order sets. Click and open order set "IR Neuro Interventional Lumbar Puncture/Myelogram Post Procedure" order set. Select diet, PRN meds, etc. and sign the orders.





(Skip this next part if the patient is an outpatient and you already completed the steps above. Go to the <a href="Brief Op Notes section">Brief Op Notes section</a>)

# 2) <u>If sending patient to the floor</u>, select the Post Procedure Back to Floor tab.

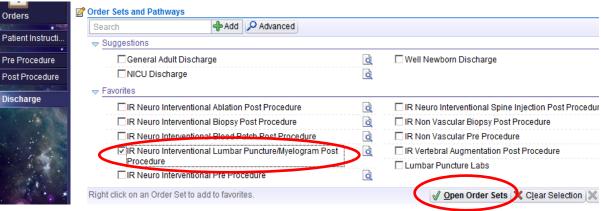


Select Transfer Orders and go thru several steps:





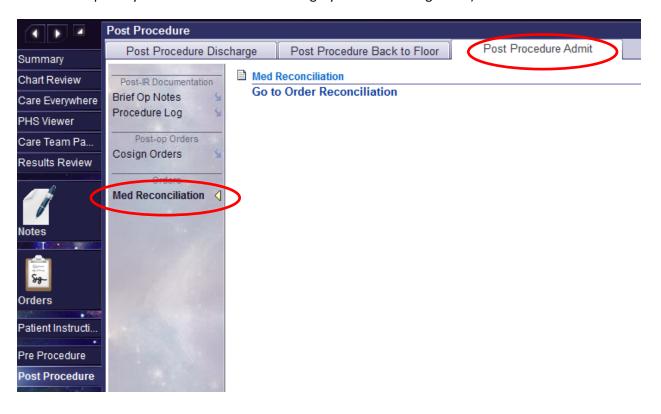
- 1. Review Current Orders (this is a list of all meds placed on hold when the patient was transferred to CSIR) click on "continue unselected" which allows the floor to resume all preprocedure meds. You can elect to discontinue or modify a drug that you think is not appropriate following your procedure, e.g. an anticoagulant. You must complete this reconciliation before returning patient to floor.
- 2. Reconcile Home Medications we generally do not need to do anything here
- 3. New orders Click on "IR Neuro Interventional Lumbar Puncture/Myelogram Post Procedure" order set. Select diet, PRN meds, etc. and sign the orders.



4. Review and sign – review and sign your reconciliation.

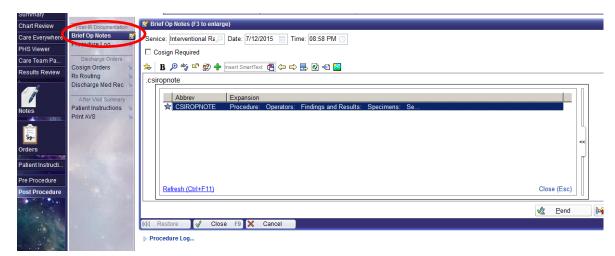
# 3) If admitting patient to the floor, select the Post Procedure Admit tab.

Select <u>Med Reconciliation</u> and reconcile meds. (Admitting is usually only done for lumbar drains. You do NOT need to put any other orders since Neurosurgery is the admitting team.)

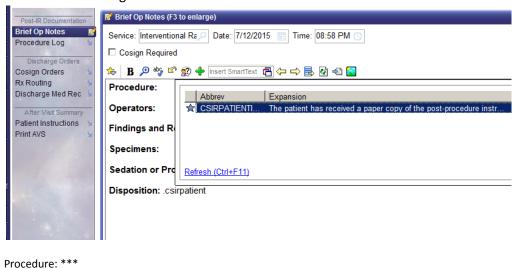


#### **Brief Op Notes section**

Either after or before the post-procedure orders and reconciliations are completed, select Brief Op Notes and type in ".CSIROPNOTES"



#### Fill out the following:



Operators: \*\*\*
Findings and Results: \*\*\*
Versed: \*\*\* mg, fentanyl: \*\*\* mcg
Supplies: \*\*\*
Specimens: \*\*\*

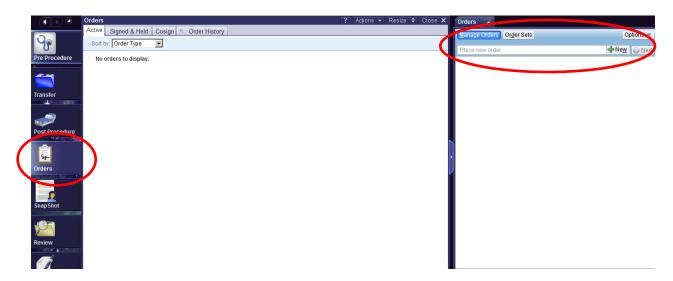
Sedation or Procedural Adverse Events: \*\*\*

Disposition: \*\*\*.CSIRPATIENTINSTRUCTIONS (use this after the procedure in the Patient Instruction box):

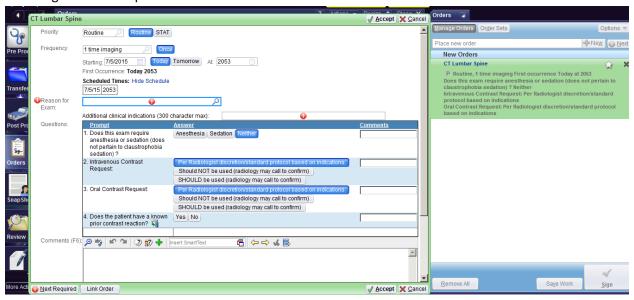
Type in a BRIEF op note and pend/sign it.

For myelograms, make sure the clinicians have entered a separate CT order for the CT part (e.g., CT lumbar spine, CT whole spine). If they did not, you will be called to order a CT by the techs.

If they need you to put in an order, go to <u>Orders</u> and type in "CT lumbar spine, CT thoracic spine, CT cervical spine" depending on what you need. For the entire spine you will need to place orders for all three!



Selecting CT Lumbar spine will launch this:



Select Reason for Exam, then accept and sign the order! Hopefully you are done!