

Getting ready for your child's lumbar puncture or bone marrow procedure

Please have your child's finger poke done in the Hematology Lab in time to arrive at the Hematology Oncology Clinic by 8 am.

What can my child eat and drink?

Your child's stomach must be empty before the procedure. You must follow these instructions or your child's procedure may be cancelled.

Night before procedure:

- No solid food, candies, lozenges or chewing gum after midnight.

Day of procedure:

- 4 oz (120 ml) of formula or milk can be given **up to 3 am**. All tube feedings must stop **by 3 am**.
- Breastmilk may be given **up to 5 am**.
- 4 to 6 oz (120 to 180 ml) of water or apple juice may be given **up to 6 am**.
- **Nothing to eat or drink after 6 am.**

What about my child's medications?

Ask the oncologist or pharmacist about when to stop your child's medications before the procedure. Make sure you know when to stop and restart blood thinners (anticoagulants) such as enoxaparin and tinzaparin. Bring your child's medications to the clinic.

What should my child wear?

Your child can wear his or her own clothes during the procedure. We suggest your child wear a top that opens down the front and pants with an elastic waist.

What happens before the procedure?

1. Hematology Lab

Go to the Hematology Lab by 7:30 am. Your child will have a finger poke for a blood test.

You may stay with your child before and after the procedure.

2. Hematology Oncology Clinic

After the blood test you will go to the Hematology Oncology Clinic. A nurse will check your child to see if he or she is well enough to have the procedure. The nurse will check your child's blood pressure, temperature and oxygen saturation.

Your child will need an intravenous (IV) to give him or her fluids and medications during and after the procedure. If your child does not have a central line or implanted port that we can use, the nurse will start an IV. If time allows, the nurse will put some numbing cream on your child's hand or foot at the spot where the IV will be placed. It takes 30 minutes for this cream to work.

3. 3D Pediatric Medical Day Care and Sedation Clinic

When it is time for the procedure, you will go to the 3D Clinic. Your child will be asked to lie down on a stretcher bed.

The nurse or anesthesiologist will:

- put 3 heart monitor stickers on your child's chest
 - check your child's blood pressure
 - put an oxygen saturation probe on your child's finger or toe
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The anesthesiologist is the doctor who gives your child the anesthetic. Before the anesthetic is given, you will be asked if your child has any allergies, loose teeth or breathing problems.

Sometimes, the anesthesiologist is delayed or called away because there are emergencies in the hospital.

This could delay the time that your child's procedure starts.

What is an anesthetic?

Anesthetics are medications that make your child fall into a deep sleep. Your child will be asleep and not feel any pain during the procedure.

Most children are given a combination of:

- midazolam – a medication to help your child relax
- fentanyl – a medication to reduce pain
- propofol – a medication to make your child sleep

These medications are chosen because they wear off quickly and the doses can be adjusted quickly during the procedure.

The medications are given slowly through your child's IV, until he or she is asleep. The dose given depends on your child's body weight and his or her response to the medication.

As with all medications, some side effects are possible. Anesthetics may have unexpected effects on the heart, blood pressure and breathing. This is why the anesthesiologist carefully monitors your child while the medications are given.

What happens during the procedure?

You can stay and comfort your child until he or she is asleep. Then you will wait in the recovery area until the procedure is over.

After the procedure, your child will go to the recovery area. You can be with your child when he or she wakes up.

For information about the lumbar puncture or bone marrow procedure, read the "Tests and Procedures" section of your **Family Handbook**.

What happens after the procedure?

A nurse checks your child regularly, until he or she is awake. If there are any concerns, the anesthesiologist will also check your child.

If your child had a lumbar puncture, sometimes lying flat for a period of time after helps to prevent a headache.

When your child is awake, the nurse will help you learn to check him or her before you can go home. You will be given an information sheet "Caring for your child after sedation for a test or procedure".

After the recovery time:

- If your child is a patient on the ward, then he or she will be moved back to the ward.
- If your child is an outpatient, he or she may go home or go to the Hematology Oncology Clinic for chemotherapy.

Ask the oncologist or pharmacist when your child should resume taking his or her medications.

If you are going home:

- For your child's safety, it is helpful to have another adult with you. One person can drive, and the other person will take care of your child. Do not take your child home by bus.
- If there is a bandaid over the procedure site, remove it after 24 hours.