

Lumbar Puncture — Frequently Asked Questions

WHAT IS A LUMBAR PUNCTURE (LP)?

An LP is a procedure where a small needle is inserted between the vertebrae (bones) of the lower back at a level below the spinal cord to obtain a small amount of spinal fluid.

WHAT IS THE PURPOSE OF THE LP IN THIS STUDY?

The purpose of obtaining spinal fluid is to learn as much as possible about the proteins and other chemical changes that may occur in individuals with neurological conditions, like Parkinson's disease. Spinal fluid is useful because it bathes the brain and spinal cord, making it the best source of information about neurochemical changes that may be occurring in the brain. Being able to measure changes in specific proteins or neurochemicals in spinal fluid may provide a way to measure progression of Parkinson's disease or monitor whether medications are slowing progression of the disease.

IS AN LP PAINFUL?

There are two parts in the beginning of the LP procedure that may cause some discomfort. First, during the administration of an anesthetic, you may feel a few seconds of stinging or burning when it is injected. (In some centers, anesthetics may not be used for an LP). You will feel a pressure sensation when the needle is inserted, and there is usually some brief pain when the needle goes through the tissue surrounding the spinal cord. Overall, discomfort throughout the entire procedure is minimal to moderate.

WHAT ARE THE RISKS OF LP?

There is a small chance of developing a headache after the procedure. This usually gets better with rest and drinking plenty of fluids. If you experience a headache for more than 24 hours, contact the study team at [\[Insert contact information\]](#).

There is no risk of paralysis.

