



CENTER FOR NARCOLEPSY RESEARCH

Sleep Disorders Research Center

450 Broadway M/C #5704* Redwood City * CA* 94063

(650) 721-7550* Fax (650) 721-3466

Brief Instructions for Lumbar Puncture

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Stanford University

SUPPLIES: (We use here) LP Tray kit, Adult, and substitute with a 24-25 Gauge Whitaker pencil point needle (Abbott Laboratories). This Whitaker needle lessens the risk of post LP headache.

DAY OF PROCEDURE: Have the patient lie down for at least 30 minutes prior to LP (optional). Have patient lie down for 1-2 hours following the LP draw (or whatever you recommend).

DRAW: Collect a total of 6 to 8 ml and put them in successive 2 - 3 ml fractions numbered 1-3. Note Time of the day, Patient name, DOB, Height and Weight.

SHIPPING: **The same day as drawn via FED EX overnight. Do not send on Friday.**

ADDITIONAL INFO: Please draw a blood sample – 2 red top tubes 10ml. (empty of additive) and 6 light yellow top tubes 8.5ml. (ACD solution A) and have the subject complete the **Stanford Sleep Inventory**

IF PROBLEMS: Call Mali Einen, Clinical Research Coordinator at (650) 721-7550 or E. Mignot at (650) 725-6517

SEND TO:
Center for Narcolepsy
Attn: Ling Lin
3165 Porter Drive
Mignot Lab 2160
Palo Alto, CA 94304

Please include paperwork (consent, assent, questionnaire) with the shipment and CLEAR instructions as to whom results should be provided.