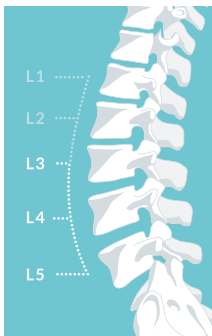


# A QUICK GUIDE TO LUMBAR PUNCTURES

This insert contains general information on what you can expect on the day of your lumbar puncture procedure. Please note: some aspects during and following the lumbar puncture procedure may vary depending on the opinion of your study doctor.

If you have any questions, please speak with the study doctor and site staff. They will be happy to help!

## PROCEDURE OVERVIEW



A lumbar puncture is a procedure where a small needle is inserted between the bones of the spine (between the 3rd and 4th or the 4th and 5th lumbar vertebrae) to collect cerebrospinal fluid (CSF).

Researchers need samples of this fluid (about 12 to 15 mL or a little less than one tablespoon) to help determine the level of amyloid beta protein, as well as to gather additional information related to your health.

# WHAT TO EXPECT ON THE DAY OF YOUR LUMBAR PUNCTURE



## PREPARATION

- Shower or bathe in the morning prior to your visit.
- Arrange/request transportation to and from the study location.\*
- Follow the study doctor's instructions regarding eating/drinking before your visit.
- The study doctor will review the procedure in detail, ask you about your medical history and any medications you are taking, and answer any questions you may have.



## PROCEDURE

- You may be asked to change into a hospital gown.
- The study doctor will clean the injection site and apply a local anesthetic to numb the area.
- The study doctor will insert a small needle in your back to begin collecting spinal fluid.
- Once completed, the needle will be removed and a dressing will be applied to the area.



## POST-PROCEDURE

- You will lie flat on the bed for a period of time to prevent fluid leakage.
- Tell the study doctor or site staff if you experience any discomfort and/or new symptoms.
- You will not be able to drive yourself home, so please arrange/request a ride home from the study location.
- Depending on the opinion of the study doctor, you may be asked to remain overnight. Please plan accordingly.
- Try to lie flat overnight, only sitting up to eat or use the toilet.
- Stay hydrated to avoid headaches and dizziness.
- You may resume normal activities the next day.



\* **TANGO** Study participants and study partners may have access to travel assistance to and from study visits at no cost. To learn more about this service and to see if it may be available to you, please speak with a member of the study staff.

# POTENTIAL RISKS AND COMPLICATIONS

Though lumbar punctures are generally recognized as safe, the procedure does carry some risks. They can include:

- Pain or swelling at injection site
- Back pain/soreness
- Nausea (feeling sick to your stomach)
- Abnormal burning, pricking or tingling sensations
- Infection at the injection site
- Bleeding, headache, meningitis (infection in the brain), and hematoma (bruising) formation

For a complete list of possible side effects, please consult the Informed Consent Form and speak with the study doctor.

If you believe you are experiencing any of these symptoms or other side effects, please contact the study doctor and staff immediately.