

Intrathecal Baclofen (ITB) Program Test Dose

Information for patients and families

About My Procedure

Date of test dose: _____

Check-in time: 7:45 am

Check-in location: Neurosurgery Outpatient Clinic Reception
Toronto Western Hospital (TWH)
West Wing – 4th Floor

Test dose location: Day Surgery Recovery Room
Toronto Western Hospital (TWH)
Main Pavilion – 4th Floor (Room 407)



This pamphlet has information about your test dose trial. A test dose is a procedure used to decide if Intrathecal Baclofen (ITB) works for you. Please read every section before your test trial date.

To learn more about side effects please see page 10.

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Preparing for my test dose



Medicine

We want to see how you respond to ITB. Do not take your baclofen and any other medicine you take for spasticity on the morning of the test dose. Please take all of your other medicine as you normally would.

Please speak to your nurse if you have any concerns, or do not know which medicine you should stop before the test dose. The team will give you more information.

On the day of the test dose, bring your daily medicine with you.

If you are taking blood thinners, please tell us.

- Examples of blood thinners are Coumadin, Aspirin, or Plavix.
- You may need you to stop taking your blood thinners up to 7 days before the test dose.
- We may also need to talk with the doctor who prescribed the blood thinners for you.

Medicine I should NOT take:

Day of test dose

What is a test dose?

A test dose is a way for your doctor to check that an intrathecal baclofen pump will work to help your spasticity (stiff muscles).

The doctor will use a needle to put a small dose of baclofen into the fluid around your spinal cord. The needle will go in the space between two of your back bones. This procedure is called a **lumbar puncture**.

After getting the baclofen, a physiotherapist and nurse will test how your muscle stiffness changes.

Where will the test dose take place?

Day Surgery Recovery Room

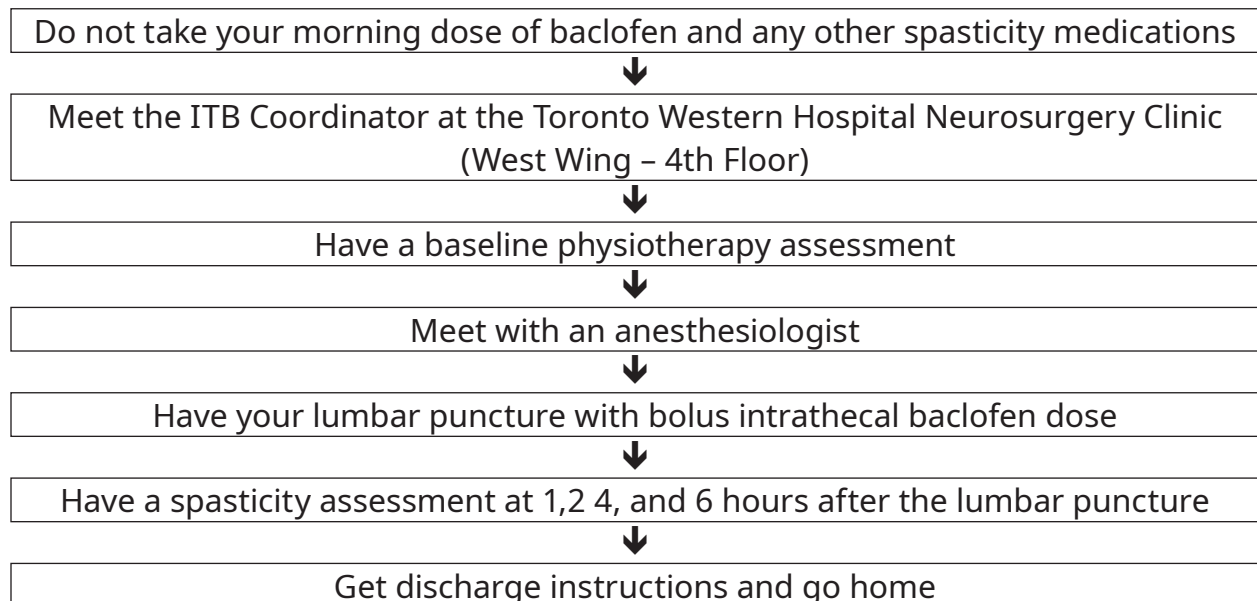
Main Pavilion – 4th floor, Room 407

Toronto Western Hospital (399 Bathurst St., Toronto, M5T 2S8)

*There may be other patients in the room with you throughout the day

What will happen on the day of my test dose?

Test Dose Process – Overview:



Who will be there?

- Intrathecal Baclofen Program Nurse Coordinator
- Toronto Western Hospital Anesthesiologist
- Physiotherapist
- Your caregiver, family member or friend

Please come with a caregiver, family member or friend who knows your caregiving needs and is strong enough to help you. They will have to help you throughout the day and drive you home.

Where do I check in?

Parking:

There is free street parking with an accessible parking permit. There is paid hospital parking available. The entrance for the surface parking lot and parking garage are both on Nassau Street.

Health card:

You will need to bring your health card (OHIP) to the Neurosurgery clinic. If you do not have an OHIP card, please bring another form of government-issued photo ID (such as a driver's license, passport, or other provincial health card).

Check-in:

Please arrive at the TWH Neurosurgery Clinic in the West Wing – 4th floor by 7:45 am. Wait there for the ITB Coordinator.

During the test dose

Having the baseline physiotherapy assessment

- The ITB Nurse Coordinator will bring you from the Neurosurgery Clinic waiting area to the recovery room area where the test dose will take place.
- A physiotherapist will test your spasticity. This lets us compare the change after you receive the lumbar puncture dose of ITB.
- Your test will be videotaped so that the team can look at your test together later.
- Depending on your diagnosis and symptoms, we might need you to transfer to a hospital bed, move your limbs, or walk.

Meeting with the anesthesiologist

The anesthesiologist will see you after the physiotherapy test to talk about the lumbar puncture procedure and go over any problems that could happen. The anesthesiologist will also ask your permission to have the procedure.

This will take about 15 minutes.

Important: Some patients may need a longer meeting with the anesthesiologist. The anesthesiologist will review your information ahead of time and will let us know if a longer meeting is needed.

If you need a longer meeting, the anesthesiologist's office will schedule an appointment at TWH on a day before the test dose day.

Lumbar puncture and intrathecal baclofen dose by the anesthesiologist

- If you are not already in bed, you will move to the hospital bed for this procedure.
- The anesthesiologist will do the lumbar puncture to give you a dose of intrathecal baclofen.
- The ITB Nurse Coordinator will check your temperature, blood pressure, heart beat, and breathing during the day after you receive the lumbar puncture ITB dose.

Spasticity test at 1, 2 4, and 6 hours by Physiotherapists and Nurse

- You will lie flat for the first hour after the lumbar puncture.
- After 1 hour, the physiotherapist will retest your spasticity the same way they did before the ITB bolus dose.
- You will be tested again 2, 4, and 6 hours after you get the ITB dose.

Other things to know about

What can I eat and drink?

- Eat a light breakfast on the test dose day. For example, toast or a muffin with tea or coffee.
- No food will be provided by the hospital. There is a cafeteria if you want to buy food throughout the day.

What can I wear?

- Please wear comfortable clothing for the day. For example, track pants and a t-shirt.
- Please wear layered clothing in case you feel hot or cold. For example, a sweater over a t-shirt.

Can I bring my assistive devices?

- Please bring your cane, walker, transfer board or Hoyer lift sling.

Early morning

The appointment begins at 7:45 am. We know early morning appointments are sometimes difficult but please do your best to reschedule or organize morning activities so that you are not late for the anesthesiologist.

Bowel and bladder

- Please make sure that you use the bathroom before the test dose.
- Please bring your own incontinence briefs or intermittent catheterization supplies with you to the appointment.

Please bring any other items you may need with you, including things to keep you entertained, like a book, magazine or music. You can expect to be at the hospital from 7:45 am until about 5:00 pm.

After the test dose

Going home after the test dose

Once the tests are finished, the physiotherapist and nurse will talk with the doctors to decide if it is safe for you to go home.

Signs that you are safe to go home:

- You have normal temperature, blood pressure, heart beat and breathing
- The ITB is starting to wear off
- You have no infection

If it is not safe for you to leave right away, the ITB Nurse Coordinator will stay with you and your caregiver until your doctor has said it is safe to leave.

Before you leave, we will talk to you and your family about any follow-up appointments and what will happen next. **A caregiver, family member, or friend must drive you home.**

How much activity is safe?

You may go back to your everyday activities when you get home.

Some people might feel like their muscles are weaker. This usually wears off in 4 to 8 hours. Be careful when moving or walking for the first time.

Watch for these side effects

Side effect	What to expect	What to do
Pain	Some people have a sore spot in their back from the test dose.	You may take a pain reliever such as Tylenol or ibuprofen for this back pain.
Headache	Headache when sitting or standing that feels better when you lie down. This may be because of some spinal fluid leakage around the puncture site.	<ul style="list-style-type: none"> • Rest in bed • Drink lots of water • Take a pain reliever such as Tylenol, as needed
Infection	<p>Lumbar puncture site symptoms</p> <ul style="list-style-type: none"> • swelling • leaking fluid • a lot of redness or pain around the lumbar puncture site <p>Meningitis symptoms</p> <ul style="list-style-type: none"> • serious headache • fever (temperature of 38°C or higher) • neck pain and stiffness • back pain • light hurts your head or eyes • nausea (feeling like you need to throw up) and vomiting (throwing up) 	<p>Have someone check your lumbar puncture site each day for one week after the test dose.</p> <p>Call the ITB Nurse Coordinator and go to the nearest emergency room. Tell them you had a lumbar puncture.</p>
Baclofen overdose	<ul style="list-style-type: none"> • serious muscle weakness • dizziness • sleepiness • trouble breathing • seizure (uncontrolled shaking) • fainting 	Call the ITB Nurse Coordinator and go to the TWH emergency department. Tell them you had a lumbar puncture.

Call your ITB Nurse Coordinator during the day (9:00 am–5:00 pm) or go to the TWH Emergency department after hours if:

- Your headache lasts longer than 2 days or does not get better when lying down
- You notice signs of infection on the lumbar puncture site (see page 10)
- You have symptoms of meningitis (see page 10)
- You have symptoms of baclofen overdose (see page 10)

For more information

Call the ITB nurse coordinator:

Monday to Friday, 9:00 am – 5:00 pm

Phone: 416 597 3422 extension 5764

Pager: 416 715 0446

Intrathecal Baclofen Program

Lyndhurst Centre, Toronto Rehabilitation Institute

University Health Network (UHN)

Toronto Western Hospital Information

First Floor



Visit www.uhnpatienteducation.ca for more health information. Contact us to provide feedback or request this brochure in a different format, such as large print or electronic formats: pfep@uhn.ca

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Form: D-8551 | Author: Intrathecal Baclofen Program | Revised: 2023