November 8, 2021

`r first\_name`

`r last\_name`

`r street\_address`

`r city`

,

`r state`

`r zipp`

RE: Tennessee Alzheimer’s Project Lumbar Puncture Visit –

**`r lp\_date`**

at

**`r lp\_time`**

Dear

`r salutation`

`r last\_name`

,

Thank you for participating in the Tennessee Alzheimer’s Project. Your lumbar puncture (LP) appointment is scheduled for

**`r lp\_date`**

at

**`r lp\_time`**

and will last approximately 3 hours. We have enclosed several important documents for you to review ahead of your visit:

1. **Directions.**

`r directions`

You will be asked to wear a mask throughout your visit. If you do not have a mask, one will be provided.

1. **Study Itinerary and Visit Instructions.** We have included a study itinerary with a schedule and instructions on how to prepare for your visit. **It is important that you carefully read the visit day instructions and closely follow them.**
2. **Breakfast Menu.** We will provide breakfast for you after the lumbar puncture. A team member will call you before the visit to take your breakfast order.
3. **Lumbar Puncture Fact Sheet.** This page includes information about what a lumbar puncture is, how it is performed, why it is important, and some risks and ways to prevent the risks.

If you have any questions, you may reach us at 615-347-6937. We look forward to seeing you on

**`r lp\_date`**

at

**`r lp\_time`**

and thank you both for your contributions to our research efforts.

Sincerely,



Jenna Boué

P20 Program Manager

Vanderbilt Memory & Alzheimer’s Center Phone: 615-336-3388

Email: jenna.boue@vumc.org

Lumbar Puncture Visit Agenda for

**`r first\_name`**

**`r lp\_date`**

at

**`r lp\_time`**

**Preparing for the Visit:** Please carefully read and follow the instructions below to prepare for your lumbar puncture (LP).

1. **Do not eat or drink anything other than water after midnight on the evening before your visit.** You may take your regularly scheduled medications the morning of your visit. We will provide breakfast at the end of the visit.
2. **Drink plenty of water the night before and morning of your appointment**. We recommend drinking **at least eight glasses of water** the day before your visit. One possible side effect is a headache, which can often be avoided by staying well hydrated.
3. **If you are taking prescription blood thinners** (e.g., Plavix, Warfarin, Pradaxa, Coumadin), you should not participate in the lumbar puncture. If you are taking one of these medications, please call us as soon as possible (615-347-6937).
4. **If you have been prescribed aspirin that is greater than 325 mg by your doctor** for a medical reason, please follow these instructions after consulting with your doctor:
   1. Stop taking the aspirin one week before the LP and restart it the day after the LP.
5. **If you are taking aspirin greater than 325 mg on your own** for general health, please follow these instructions:
   1. Stop taking the aspirin one week before the LP and restart it the day after the LP.

We will provide scrubs for you to wear throughout your visit.

**Study Visit Itinerary:**

**After your Visit:**

Please follow these guidelines after your visit:

1. No heavy lifting or vigorous exercise for 24 hours after the LP. This will reduce the risk of low back soreness or headache.
2. Stay well hydrated during the 24 hours after the LP. This will also help avoid a headache.

The day after your visit, a study coordinator will call you to see how you are doing. You may also reach a team member at any time by calling or texting (615) 347-6937.