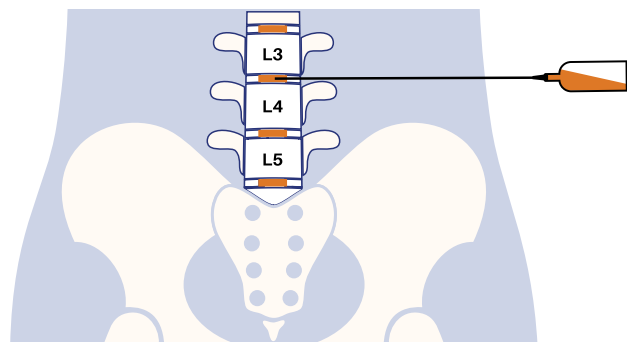


LUMBAR PUNCTURE FREQUENTLY ASKED QUESTIONS

• What is a lumbar puncture (LP)?

A lumbar puncture, also known as a spinal tap, is a procedure used to collect cerebrospinal fluid. A clinician inserts a thin needle into the lower back, between the bones of the spine, to draw a small amount of fluid.

This procedure is commonly used in both medical care and research. In the LITE study, spinal fluid samples help researchers explore biological changes related to Parkinson's disease.



• What is cerebrospinal fluid and why does it matter?

Cerebrospinal fluid is a clear liquid that bathes the brain and spinal cord. This makes it a great source of information about changes that may be happening in the brain.

Measuring these changes may help diagnose and track Parkinson's disease. That also would allow scientists to assess if therapies are impacting disease.

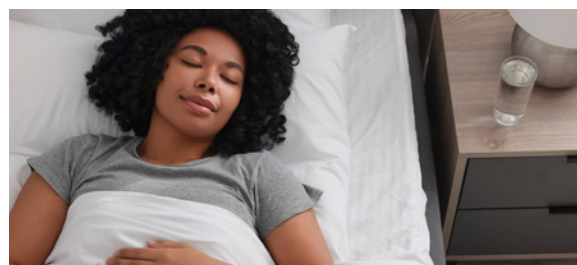
• What happens during an LP?

- **Before the Procedure:** The study team will review the procedure and answer any questions you may have. You will then be asked to change into a clean gown provided at the clinic.
- **Positioning:** A clinician will help position you either lying on your side with your knees drawn up or sitting upright. The position depends on what is most comfortable for you and appropriate for the procedure.
- **Preparation:** The lower back is cleaned with antiseptic. Then a small amount of local anesthetic is applied to numb the area.
- **The Procedure:** Once the area is numb, a thin needle is gently inserted between the bones of the lower spine to collect spinal fluid. About 10 milliliters (roughly two tablespoons) of fluid is collected. The body naturally replenishes this amount shortly after the procedure. The procedure usually takes around 15 to 20 minutes to complete, but it can take longer.
- **Completion:** After the sample is collected, the needle will be removed and a small dressing will be placed over the site. The clinical team will ask you to rest for about one to two hours so you can be monitored.

• What happens after an LP?

Recovery time varies from person to person. For most, it takes a few days to feel fully back to normal. Here are some things that may help:

- Rest for at least 24 hours after the procedure
- Drink plenty of fluids



- Lie flat on your back if you experience a headache
- Take an over-the-counter pain medicine (like paracetamol or acetaminophen) to ease any pain or discomfort
- Avoid physical work, heavy lifting, or sports until you feel well enough

• Are there any risks associated with an LP?

You may experience side effects after the procedure. These are usually mild and go away within a few days. Side effects may include:

- Headache
- Swelling or fluid leakage at the puncture site
- Back pain or tenderness at the puncture site

More serious complications are extremely rare. The procedure is performed under sterile conditions to reduce risks. There is no risk of paralysis with an LP.

• How is my privacy protected?

Your samples and data are handled with care to protect your identity. Here's how:

- Each sample is labeled with a study ID, not your name
- Only approved laboratory teams working on the study will have access to your samples
- Your personal information is removed before analysis, so researchers will not know the sample belongs to you
- All data and samples are managed according to laws that protect your privacy

• Will I get the results from the lumbar puncture?

If a study assessment reveals something unexpected and clinically important, such as an abnormal lab result or imaging scan, the study team will let you know. With your permission, they may also share this information with your personal doctor and help arrange follow-up care if needed.

Research results that are not clinically relevant will not be returned.

• Any other questions?

If you have any other questions about the lumbar puncture procedure, you can discuss your concerns with a research team member involved in carrying out the study or a doctor involved in your care.

• Your Local Investigator for the LITE Study Is •

Principal Investigator: Dr. Esther Sammler

If you are interested in taking part in this study or would like more information, please ask the nurse or doctor looking after you to contact the study team.

Or: Call Researcher: [TBC]

Or: Email: [TBC]

We will discuss the study further and answer any questions you have.

You can find more information about the study in the Participant Information Sheet.