



## PROTOCOL FOR SPINAL FLUID LEAKAGE

This protocol is for leakage due to:

1. Post spinal puncture or other spine trauma
2. Adhesive arachnoiditis site in spinal canal
3. No previous history of trauma or arachnoiditis

### Special Notes:

1. This protocol can be done with simultaneous administration of blood patches or in lieu of blood patches.
2. The cause of leaks is considered to be inflammation and/or autoimmunity which may develop around a puncture wound or injury to the spinal canal cover.
3. Persons with genetic connective tissue disease (i.e., Ehler-Danlos) are at high risk for spinal leaks due to collagen deficiency.

### Protocol Measures

1. Daily protein, low carbohydrate, anti-inflammation (i.e., fruits and vegetables) diet with a daily amino acid supplement, plus vitamins C, B-12 and D.
2. Methylprednisolone (Medrol®) 6-day dose pak followed by 4 mg PO on 2 days a week until the leakage is stopped.
3. Two of the following peptides: KPV, BPC-157, thymosin, AR290, glutathione.
4. One or more of the following neurogenic anabolic hormones:
  - a. DHEA, 200 mg in AM and PM
  - b. Human chorionic gonadotropin, 250 to 500 units, 3 times a week
  - c. Nandrolone, 25 to 50 mg on 2 days a week

Option: Therapeutic 3-to-5-day trial of acetazolamide, 250 mg, twice a day for symptom of dizziness, hypotension, headache, imbalance, vertigo.

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