

## And finally....

Complications such as infection or bleeding after the procedure are rare. However, if you experience any problems after the bone marrow biopsy, please contact the Day Ward on **9788 3624** during business hours or speak with your doctor, or contact your nearest emergency department or call 000.

### Your Appointment

Date:

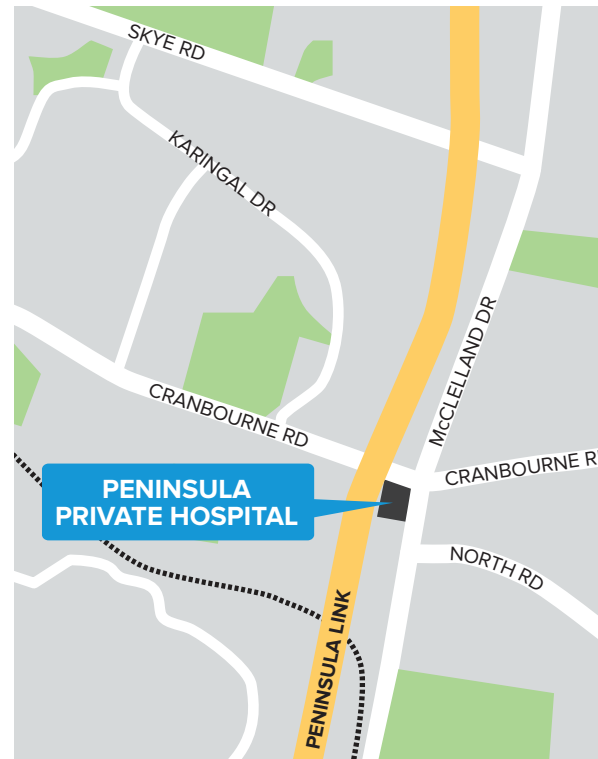
Time:

Report to:

Contact No.:

### Bone Marrow Summary Points:

- Arrive at least 45 minutes prior to appointment
- You will need a driver
- Light breakfast if procedure is scheduled after 12pm **OR**
- Remain nil by mouth after midnight for a morning procedure (before 12 midday)
- 1/2 hour procedure
- Allow a minimum of 1.5 – 2 hours in the hospital



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Part of Ramsay Health Care

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People caring for people.

# Bone Marrow Biopsy

## Pre and Post Procedure Information



MR0019914 PPH Bone Marrow Biopsy Patient Information Gpp DL V.2 March 2022



**Peninsula  
Private Hospital**

Part of Ramsay Health Care

## What is a bone marrow biopsy?

A bone marrow biopsy is a procedure performed by a doctor to obtain a sample of your bone marrow.

Bone marrow is found within some of the larger bones and produces blood cells. When the bone marrow sample is examined under a microscope the doctor can assess the function of the bone marrow and examine the blood cells (red and white cells and platelets) in various stages of development.

## Where is the biopsy performed?

The biopsy will be done either in the operating theatre, Recovery Room or Day Ward, all of which are located on the ground floor at Peninsula Private Hospital.

It is important that you arrange to have someone with you to drive your home and to be with you for at least 4 hours afterwards.

## What should I do to prepare for the test?

### Fasting Requirements:

- Light breakfast before 7am if procedure is scheduled after 12pm
- Remain nil by mouth after midnight for a procedure before midday

### Medications:

- Please let us know if you are allergic to any medication, if you suffer sleep apnoea, if you have heart, respiratory (breathing) or kidney problems.
- It is important to let us know if you are on any medication to thin your blood, if you have any bleeding problems and any other medical history that may be relevant.
- If you are taking medication to thin your blood, it is important to discuss this with your doctor as

you may need to stop taking the medication a few days before the procedure.

- Warfarin need only be stopped the day before the procedure. If on other oral anticoagulants (e.g Apixaban, Rivaroxaban, Dabigatran), withhold one dose only.
- Please mention to the doctor if you are on anti-platelet therapy. Generally there is no need to stop this before the procedure, however he / she will make this decision.

Medicines in this category includes:

- Aspirin
- Plavix (Clopidogrel)
- Prasugrel (Effient)
- Ticagrelor (Brilinta)

## How is the test performed?

When you arrive at the Day Ward, a nurse will take your temperature, pulse and blood pressure. The nurse will also insert an intravenous cannula and take some blood.

During the biopsy, you will be attended by a nurse, who will monitor your condition and stay with you throughout the procedure.

The bone marrow sample is usually taken from the rear of your hip bone.

- You will lie on your side and expose the area at the back of your hip bone
- This area will be cleaned with antiseptic and a local anaesthetic will be inserted to numb the site
- When the area is numb, a needle will be inserted and bone marrow will be removed using a syringe
- Most people experience a pulling or drawing feeling as the bone marrow is removed making it uncomfortable for a few seconds.
- After the bone marrow sample is obtained, a small core of bone is withdrawn and the procedure is complete. This all takes about 15-20 minutes.

The procedure may be uncomfortable but is not usually painful. Mild pain medication such as paracetamol can be taken for discomfort after the procedure.

## What happens after the procedure?

A dressing will be placed over the biopsy site and you will be required to remain on your back for around 10 minutes. This helps to place pressure on the site to minimize bleeding. You will then be placed in a sitting position for 30-60 minutes to recover.

The dressing should be left on for 48-72 hours. The nurse will check the dressing before you leave to make sure it has not bled and will change it if necessary.

If you are concerned about any bleeding, apply pressure to the biopsy site and please contact the Day ward during business hours on **9788 3624** or report to your GP or your nearest emergency department.

Call 000 for any emergency situation.

You will not be able to drive so you will need someone to drive you home.

If you are given sedation you must not operate any equipment or undertake any tasks that require concentration, balance and coordination as your reflexes will be delayed for the remainder of the day.

We recommend you have someone stay with you at home for at least 4 hours after the procedure.