

Patient Information Leaflet

## Bone Marrow Aspirate and Biopsy Procedure

**Produced By:** Haematology Department

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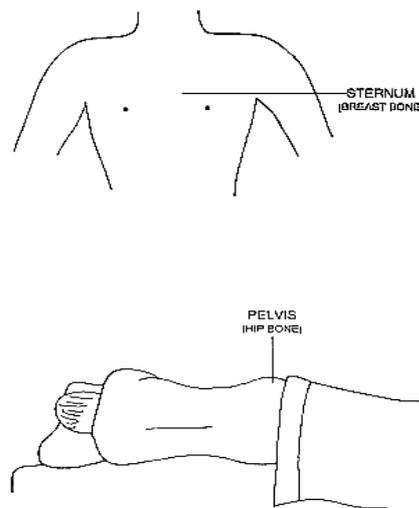


## Why Do I Need This Test

Bone marrow is the main site for blood formation. A small sample of it is obtained by this test and sent for examination to see if the bone marrow itself is abnormal or to enable a diagnosis to be made to explain abnormal blood results.

## What does the test involve?

The sample is taken from either the pelvic bone or breast bone (see diagram below). You will be asked to undress accordingly and lie on the bed or couch. The skin over the area will be cleaned with antiseptic solution and then you will be given an injection of local anaesthetic to numb the area. This tends to sting a little for a few seconds and there will be a short wait to allow the injection to take effect. The procedure takes approximately 15 to 20 minutes and consists of either one or two parts. The first part is the aspiration – a small amount of bone marrow is sucked out using a needle and syringe. The second part – called the biopsy involves a small core of bone marrow being taken from the same site using a larger needle.



## Will it hurt?

The doctor will explain the procedure before it is commenced and also talk you through each stage of the test so nothing should be unexpected. You may feel some discomfort or pain lasting a few seconds when the marrow is aspirated. When the biopsy is taken the needle needs to be rotated from side to side. This may be uncomfortable or somewhat painful for a short time. You may feel a pins and needles sensation or pain when the needle is removed. Again this is a brief sensation. The procedure may be made more comfortable if you try and relax and focus on taking slow and deep breaths during the process.

## **Before the test**

No special preparation is required before you come for the test ie you may eat and drink as usual. If you have any allergies, such as to plaster or iodine, please inform the Nurse or Doctor. However, it is important to contact us on 534767 if you are currently taking any blood thinning drugs, these can include Warfarin, Clopidogrel, Aspirin, Heparin or Brufen. You may be required to stop these drugs prior to this test as it may increase the risk of bleeding.

If you have any questions regarding this please call Simone Wells, Haematology/Oncology CNS on 822099 ext 5372.

## **Consent**

On arrival, you will be asked to read and sign a consent form before the test is undertaken. Please feel free to ask any questions you may have and these will be answered at that stage.

## **What happens after the test?**

Once the needle is removed pressure will be applied to the site and your skin will be cleaned. The site will then be covered with a plaster or another form of dressing. You are then advised to lie and keep pressure on the area for 5 – 10 minutes. The site will be rechecked and if there is no sign of bleeding you may get dressed and be discharged. It is advisable that you have someone to accompany you home though this is not essential. If required, hospital transport can be arranged by prior notice.

## **After discharge**

The site should remain covered for 48 hours and must be kept dry. You should avoid having a bath or shower for 24 hours (this prevents dirty water entering the site). The area will initially be numb but as this numbness lessens the site may ache and be tender or sore for a few days. Pain killing tablets may be taken if required. Bleeding from the site is rare but should this occur apply pressure to the site for 5 minutes. If this does not ease or if it worsens you should contact your GP immediately or come to the Hospital Accident and Emergency Department. You will receive an appointment to discuss the results and any treatment that may be deemed necessary.

## **Potential complications**

Very occasionally the biopsy may cause infection, persistent bleeding or allergic reaction at the site. If you suspect any of these please contact your GP or attend the Hospital Accident and Emergency Department immediately.

**If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.**

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: <http://www.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on: 111

### **We Value Your Views On Our Service**

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive  
Isle Of Wight NHS Trust  
St Mary's Hospital  
Newport  
Isle of Wight  
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on 03000 61 61 61 or at [enquiries@cqc.org.uk](mailto:enquiries@cqc.org.uk)

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

Ref: PATH/BMA/3