

BONE MARROW BIOPSY & ASPIRATION

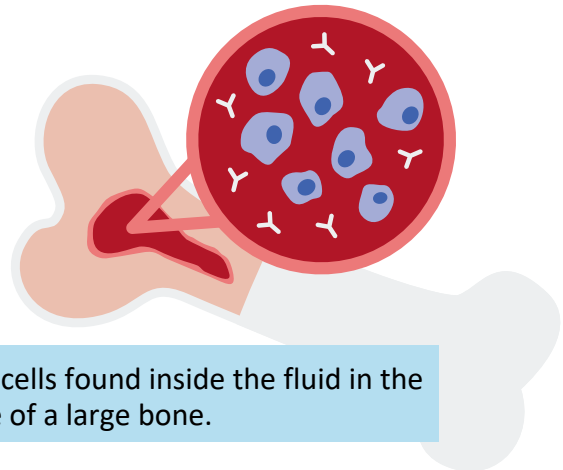
What to Expect

What is a Bone Marrow Biopsy and Aspiration?

The bone marrow is the spongy tissue and fluid found in the centre of most large bones. The marrow is where blood cells are made.

A **bone marrow biopsy** is a procedure where a small piece of bone is taken out and looked at under a microscope, or tested in other ways.

Aspiration means taking some of the bone marrow fluid to be looked at under a microscope, or tested in other ways.



Blood cells found inside the fluid in the centre of a large bone.

What to Expect

Before the Test

- No special preparation for this test is needed.
- You will be asked to sign a consent form.

If you take medicine that thins your blood, like Aspirin, Apixaban, or Clopidogrel, tell your doctor or clinic nurse. They will give you special steps to follow before your appointment.

During the Test

- You will be brought to a room with a bed.
- You will be asked to change in to a hospital gown.
- You will be asked to lie down on your side pulling your knees to your chest or on stomach. Try to stay still during the test. The doctor and nurse will direct/help you get into the right position.
- The upper part of your hip on your back will be uncovered.

- The upper part of your hip on your back will be uncovered.
- Your hip area will be cleaned with an antiseptic cleaner and a sterile drape will be placed on the area to keep it clean. Do not touch this.
- The doctor will inject freezing (like at the dentist) to numb the skin and tissue over the bone.
- After the area is numb, the doctor will insert a needle into your bone. You may feel some pressure or pain in the hip/back while the doctor draws the marrow out. The pain does not last long. To help you relax, take deep breaths.
- In total, the test takes about 5 to 15 minutes.

After the Test

- A pressure bandage is applied to the area when the test is done.
- You will need to lie on your back on the bed to apply pressure to biopsy/aspiration site. The nurse may have you lay on top of a saline back to help keep pressure on the area.
- You will be monitored for about 30 minutes to make sure there is no bleeding. The nurse may change the bandage prior to going home.
- After the bone marrow biopsy, you will have a blood sample taken from your arm to compare to the bone marrow sample.
- You may have some mild pain at the site where the bone marrow biopsy and aspiration were taken for a few days. Your doctor or clinic nurse will tell you what medicines to use for pain.

The day after your bone marrow and aspiration, check to see if there is any bleeding. If there is no bleeding you can:

- take off the bandages.
- wash or take a bath, as usual.



Contact your doctor and/or clinic nurse if you have:

- Unusual redness or swelling at the biopsy site
- Severe pain at the biopsy site
- Bleeding that does not stop after applying pressure for 5 minutes

Use this resource for your information only. It does not replace medical advice from your doctor or other healthcare professionals.



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