

# Bone Marrow Biopsy and Aspiration



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## 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 biopsy is a procedure where a small piece of bone is taken out and looked at under the microscope or tested in other ways. Aspiration means taking some bone marrow fluid to be looked at under the microscope or tested in other ways.

### How do I prepare for the test?

No special preparation is needed.

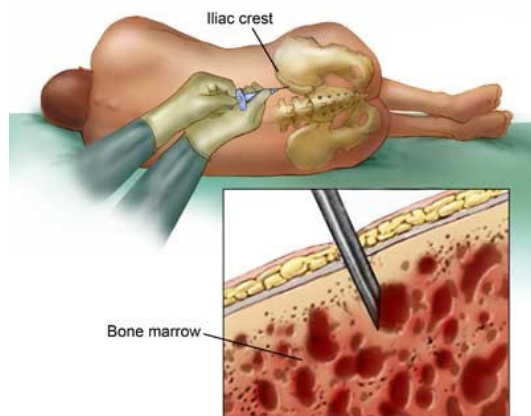
If you take medicines that thin your blood such as Aspirin or Warfarin please talk with your doctor or clinic nurse for special instructions prior to appointment date.

### What will happen before the test?

You will be asked to sign a consent form.

### What will happen during the test?

You will be escorted to a room with a bed and will lie on your stomach or side. You must lie still during the test. The upper part of your hip will be uncovered. The hip area will be cleaned with an antiseptic. Local freezing is then injected into a small area of skin and tissues just over the bone. This stings a little at first, but then makes the area numb. After the area is numb, the doctor will insert a needle and draw out the bone marrow. You may feel some pressure or pain at the site while the doctor removes the marrow and bone piece. The pain usually lasts only a short time. To help yourself relax, take a couple of deep breaths in and out. The test usually takes about 5-15 minutes.



## What will happen after the test?

You will need to lie on a bed with pressure applied to the site and be observed for approximately 30 minutes to check that you have had no bleeding. After the bone marrow biopsy, several blood samples will also be drawn for testing. You may have some discomfort or mild pain over the bone marrow test site for a few days. Your doctor or nurse will tell you what medicine to use for soreness.

### What should I do after the test?

The next day, if there is no bleeding, you may remove the bandage. You may then wash or bathe as usual if there is no bleeding. If you notice bleeding, replace the bandage and apply firm pressure for at least 5 minutes.

### What should I report?

- Unusual redness/swelling at the biopsy site
- Severe pain at the biopsy site
- Bleeding that does not stop after you apply pressure

Contact your doctor or clinic nurse: 519-749-4380