

## Patient information

### **Bone Marrow Biopsy**

#### Haematology Department

Your Consultant/Doctor has advised you to have a Bone Marrow Biopsy.

#### **What is a Bone Marrow Biopsy?**

These tests involve looking at the bone marrow to see if there are any abnormal cells and how the normal cells are working. Bone marrow is the tissue which forms blood cells. It is found within the hollow cavities of many bones within the body.

The bone marrow biopsy involves removing a small amount of tissue from the bone marrow. It is usually taken from the hip bone.

#### **What is the aim of the Bone Marrow Biopsy?**

The biopsy is needed to either confirm or exclude a diagnosis, the doctor requesting the biopsy will explain this to you. The test may also be undertaken to assess the response to treatment.

#### **What are the risks of having a Bone Marrow Biopsy?**

The risks associated with this test are few however, we do need to explain all potential risks.

Blood loss from the biopsy site is usual but there should be no more than a teaspoonful.

It is not uncommon for patients to have some bruising after this procedure, this is normal and should settle in a few days.

Some patients complain about a tingling sensation down the back of their legs (one in a hundred). This should settle as soon as the procedure has finished, occasionally some patients have noticed the sensation to last 24 hours.

There is a rare risk of infection associated with all procedures, but all the equipment is single use and sterile, to reduce the risk of infection.

We undertake a Bone Marrow Biopsy list weekly and only five sessions are available to our team. It is therefore essential you cancel any appointments for this test as soon as possible if you are unable to attend by telephoning: **0151 706 3397 (Clinical Haematology Department)**

## **On the day of your Bone Marrow Biopsy**

On the day of your procedure arrive at Ward 1D Haematology Day care unit at least ten minutes before your appointment time. Ward 1D is located on the ground floor of the new Hospital. Head towards outpatients 1 and enter the lift facing the outpatient unit and press floor one.

You may eat and drink before this procedure.

The member of the team will check your personal details and ensure you have a follow up clinic appointment with the doctor requesting the test.

The procedure will be explained to you, and you will be asked to sign a consent form.

## **How is Bone Marrow Biopsy taken?**

After the skin on your hip bone has been anaesthetised with local anaesthetic a needle is gently passed through the skin into your hip bone in the bone marrow cavity and a liquid sample is taken. Following this a small sample of bone marrow is taken for examination under a microscope.

The whole procedure takes no longer than 15 minutes. If you experience pain and discomfort, it is usually no longer than a maximum of 30 seconds in five second intervals.

After the procedure a dressing will be applied to the site.

You will need to rest after the procedure for approximately 20 minutes and you will be offered refreshments.

You will be able to leave the department as soon as you feel well enough.

## **Going home**

We advise you to have lunch and rest for the afternoon after this procedure. If it is possible for someone to travel home with you it would be helpful.

## **Pain relief and medication**

The nursing staff will advise you about painkillers before you leave the hospital. Most patients do not require anything but if you do then Paracetamol is advised and should be taken according to the instructions on the label. Please tell the nurses what painkilling tablet you have at home.

## **Your wound**

The dressing should stay in place for 24 hours. It is best to avoid swimming or baths for the next seven days to avoid the possibility of infection in your wound. If you have any concerns, questions or queries following your procedure please contact the Haematology department and one of the nursing staff will help you on **Tel: 0151 706 3397**.

## **Getting back to normal**

Remember that you have just had a procedure. It is normal to feel more tired than usual for a couple of days afterwards.

## **Returning to work**

There should be no reason why you cannot return to work the following day.

## **Further Appointments**

The nurse performing the procedure will check that you have a follow up appointment for you to receive the results of this investigation.

## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further information**

**If you have any questions or queries, please contact:**

**Haematology Liverpool**

**Tel: 0151 706 3397**

**Text phone number: 18001 0151 706 3397**

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