



## **Bone Marrow Aspiration and Biopsy Instructions**

Bone marrow is the soft tissue in the center of your bone. A biopsy of the bone marrow is done for the purpose of examining the tissue under microscope. The biopsy will be done by your physician.

The biopsy is done by inserting a needle through the skin into the bone marrow, aspirating the tissue, and removing the needle. Possible sites for this are the sternum "breast bone" and the Pelvic "hip bone". The area of needle insertion will be "numbed" first but you may feel a "pressure" or some discomfort when the needle is inserted into the bone. You may also feel a slight "pulling" sensation when the tissue is removed. You will be awake during the procedure or partially sedated.

The oncology care nurse and the doctor will be with you throughout the entire procedure and will explain it to you step-by-step.

You will be expected to remain in the oncology care clinic for 15-45 minutes after the procedure to monitor your body's adjustment.

### **Home Care:**

1. Leave the bandage on the bone marrow site for 24 hours, and then you may remove the bandage and shower if you wish. Do NOT tub bathe or swim for two days. If the bandage become soaked with blood, there is a large increasing bruise, or sudden unusual or sever pain, put pack on and apply pressure to the bone marrow site and go to the emergency room.
2. If a fever over 101 F develops, call the doctor immediately at (850) 219-8000.
3. You may resume routine activities in 24 hours. No heavy lifting in the day of bone marrow. Avoid excess activity or walking for 24 hours.
4. You may take Tylenol for mild discomfort if necessary.
5. You may resume your normal diet.