Bone Marrow Procedure Guide

What is a Bone-Marrow Procedure?

During this procedure, your health care provider will place a needle into your bone by hand or with a special drill. A small sample of bone marrow is removed and examined under a microscope.

Think of your bone marrow as a wet sponge. Bone marrow has both a fluid part and solid part. In a bone marrow **aspiration**, the fluid part of your bone marrow is removed. In a bone marrow **biopsy**, the solid part of your bone marrow is removed. You may have one or both of these samples collected during this procedure.

What is the purpose of a Bone Marrow Procedure?

You have 3 types of blood cells: red blood cells, white blood cells, and platelets. These cells multiply and mature in your bone marrow. This procedure is done to check on the health of your blood cells, including the number and type of blood cells, the amount of iron in your blood cells and if there is any sign of a tumor or infection.

How long will it take?

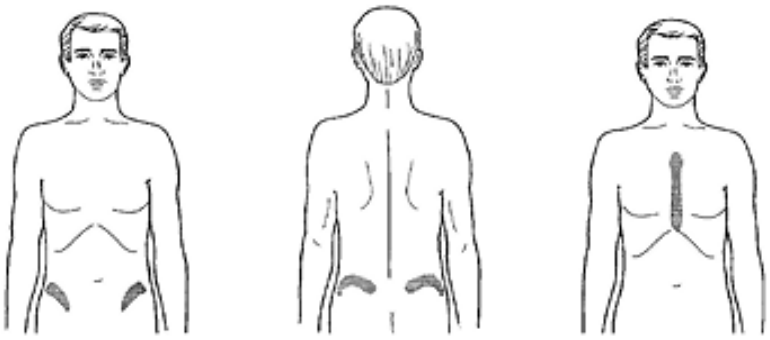
This procedure will take about 20 minutes, including the time needed to prepare your skin.

How do I prepare for this procedure?

You do not have to prepare in any special way. If you are at risk for bleeding, your health care provider may order a platelet transfusion before your procedure is done.

Where will my bone marrow be taken from?

Your bone marrow will be taken from one of the parts of your body that is shaded in the picture below. You need to lie on your side, stomach or back, close to the edge of the bed for the procedure.



What will my procedure be like?

Your health care provider will first press gently around the area where your bone marrow will be removed. This area will be cleaned and sterile towels will be placed around the site. A numbing medicine will be injected into this area to help lessen your pain. You will feel a needle stick and a burning as the numbing medicine is put into your skin. It takes about 1 minute for the medicine to work. Here is information about each procedure:

- **Aspiration:** Once the area is numb, your health care provider puts a special needle through your skin. You may feel some pressure as the needle is pushed into your bone. A syringe is then attached to the needle and a small sample of fluid is removed. You may feel a sharp pain, deep inside, but it lasts only a few seconds. Take a deep breath or use a relaxation exercise to help with the pain. Ask your nurse for information about relaxation exercises.
- **Biopsy:** Through the same spot as the aspiration procedure, your health care provider will use a special needle to cut out a small sample of the solid part of your bone marrow, called a core. This usually does not cause any pain, but you may feel pressure as the needle is turned. The needle will then be removed and a bandage or dressing will be placed on your skin.

Bleeding may happen after your procedure. You may need to lie on the area where the needle was placed for about 30 minutes and then check the area for bleeding. If you have a low platelet count, you will need to put pressure on the area for a longer amount of time.

Is there any special care needed after my procedure?

Keep your bandage dry and in place for 24 hours. As the numbing medicine wears off you may have some pain. Your health care provider can order medicine to help with your pain.

- **If you had the procedure done while in the hospital** you should call your nurse if your bandage feels wet.
- **If you had the procedure done in the clinic** you should check your bandage after you are home for bleeding. If you see a blood spot, bigger than the size of a quarter in 1 hour on your bandage, lie on the area for 30 minutes. If the bleeding continues, call your health care provider.

How long before the results are known?

It may take 7 days before your results are ready. A follow-up visit may be made with you to review the results with your health care provider.