

Bone Marrow Biopsy (With or Without Aspiration)

After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

Your Surgery

A bone marrow biopsy is a procedure to remove a small sample of bone marrow tissue from inside your pelvic bone.

The doctor may also remove a sample of liquid bone marrow. This part of the procedure is known as aspiration.

This test will help your health care provider find out what types and amount of blood cells are in your bone marrow. Different studies may be done to test the samples for diseases or clotting problems.

Before the Procedure

- Tell your health care provider if you:
 - are pregnant
 - have a latex allergy
 - have diabetes
 - take a blood-thinner medicine.
- Remove any jewelry or piercings.

- Arrange to have someone drive you home. You will not be able to drive after the procedure.

What To Expect After Surgery

You can expect the biopsy site to be tender for 48 hours.

Pain Relief

- Take any prescription or over-the-counter medicine as directed.

Activity

- Return to your normal activities as you are able.
- Do not lift anything heavy or exercise for 48 hours.
- Try not to bump the biopsy site.
- Remove the bandage in 48 hours.
- You may take a shower or bath after the dressing is removed.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

Bleeding

If the biopsy site bleeds:

- Roll a towel and put it on the site.
- Lie on the side of the biopsy site so your body puts pressure on that area.
- Lie still for 5 to 10 minutes.

(over)

Food and Beverages

- Eat well-balanced meals. Follow any instructions your health care provider gave you.
- Avoid alcohol if you are taking prescription pain medicine.

When To Call Your Health Care Provider

Call your health care provider if you:

- have a temperature of 101 F or higher
- have bleeding that lasts longer than 10 minutes after trying to stop it
- have new pain or pain you can't control
- have signs of infection at your incision site:
 - pain
 - swelling
 - redness
 - odor
 - warmth
 - green or yellow discharge
- are unable to get out of bed
- have nausea (upset stomach) or vomiting (throwing up) that won't stop
- have any questions or concerns.

Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.