

# Bone Marrow Biopsy with Sedation

## Bone Marrow Biopsy

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.

## Sedation

During your procedure, you will receive a medicine (sedation) that will make you sleepy.

This medicine will affect your ability to think clearly and make good decisions. It can also affect your memory. You may not remember your procedure.

Your health care team will monitor your heart rate, blood pressure and breathing. You may receive oxygen through a tube in your nose. The oxygen will help you breathe during and after your procedure.

## Before Your Procedure

- Ask your health care provider which medicines you should take on the day of your procedure.

- Tell your health care provider if you:
  - are pregnant
  - have a latex allergy
  - have diabetes
  - take a blood-thinner medicine.
- **You will need to arrange to have a responsible adult drive you home and stay with you for the first 24 hours you are home.**
- Remove any jewelry or piercings.
- Please arrive 1 hour before your scheduled appointment.
- Your nurse will insert an intravenous (IV) line into your hand or arm.

## Food and Liquid Directions Before Your Procedure

These directions are based on your scheduled arrival time. Not following these directions could mean your procedure will be delayed or canceled.

## Alcohol and tobacco: 24 hours

- Do not drink any alcohol 24 hours before your scheduled arrival time.
- Do not smoke, vape, use chewing tobacco or use any other tobacco products up to 24 hours before your scheduled arrival time.

**(over)**

### **Regular foods: 8 hours**

- Eat your regular foods up to 8 hours before your scheduled arrival time.

### **Light solid foods: 6 hours**

- You may eat light solid foods up to 6 hours before your scheduled arrival time.  
A light meal is:
  - juice or coffee with milk or cream
  - 1 piece of toast **or** 1 bowl of oatmeal or hot cereal.
- Do not eat any nuts or nut butters.
- Do not eat foods that are heavy or high in fat such as meat or fried foods.

### **Clear liquids: 2 hours**

- Drink only clear liquids up to 2 hours before your scheduled arrival time.
  - Drink water, fruit juice without pulp, black coffee, clear pop or tea.
  - Do not have milk, yogurt or energy drinks.

### **Medicines**

- Take your medicines as directed with a small sip of water.

### **Guidelines for babies**

- **6 hours** before the scheduled arrival time
  - you may give formula.
- **4 hours** before the scheduled arrival time
  - you may give breastmilk.

### **After Your Procedure**

- You will need to lie on your back for 30 minutes. A nurse will check your biopsy site for bleeding.
- You may leave the hospital when you are awake and your heart rate, blood pressure and breathing are normal.
- When you arrive home, you may feel drowsy and want to take a nap.

- It will take awhile until you feel alert and back to normal.
- You will need a responsible adult stay with you for 24 hours.
- For 24 hours:
  - Do not drive or use any machinery.
  - Do not make important decisions.
  - Do not drink alcohol. (It is also important to not drink alcohol as long as you are taking prescription pain medicine.)
- 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 smoking.

### **Bleeding**

If the biopsy site bleeds:

- Roll a towel and put in 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.

### **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.