Introduction

This information sheet provides general information about having a bone marrow biopsy and trephine medical procedure with intravenous sedation. If you have any questions about the information please discuss these with your doctor or nurse.

Your appointment

Your doctor has recommended this test in order to find out important information about your medical condition and its treatment. Your bone marrow examination appointment is scheduled for:

____________________________________

What is bone marrow?

Bone marrow is the spongy tissue and fluid found in the centre of the bones in the body. It makes your red and white blood cells and platelets.

What is a bone marrow examination?

A bone marrow biopsy examination is a procedure that involves taking a sample of your bone marrow. A special needle is inserted into a bone (usually the back part of the hip bone) and a small amount of marrow is removed. The sample is then sent to the laboratory for testing.

Your bone marrow examination

You will be admitted to an Icon Cancer Care Day Hospital, as a day inpatient. You will be in the Day Hospital for approximately three (3) hours. On arrival for your appointment the procedure will be explained to you and any questions you have will be answered. You will then need to sign a consent form to say that you understand what the procedure involves.

Please notify your nurse of the following:

- If you are diabetic
- Taking warfarin or other blood thinning medication
- Any allergies to medication, local anaesthetic, antiseptic or dressings
- Any problems during a previous bone marrow examination

For the bone marrow examination you can wear your own comfortable clothes or a hospital gown. Before the bone marrow examination begins your nurse will put a small drip into a vein in your arm and take a blood sample. The nurse will administer a sedative medication via your drip. This medication will minimise any discomfort during the procedure and may make you sleepy.

Your bone marrow examination will be performed by a doctor and takes approximately 15 to 20 minutes. Bone marrow samples are usually taken from the hip. You will be asked to lie on your side with your knees raised to your chest. The doctor will clean the skin with antiseptic and local anaesthetic is injected into the
area chosen for the bone marrow examination. The local anaesthetic stings a little at first, but then makes the skin numb.

A special needle is used to withdraw the bone marrow sample from the hip bone. You may feel some pressure and minor discomfort for a few seconds. After the needle is withdrawn an adhesive dressing is applied. The bone marrow sample is sent to the laboratory for testing.

After your bone marrow examination you will remain in the Day Hospital for approximately one (1) hour to make sure the area does not bleed and to recover from the sedation. You will be discharged from the Day Hospital with a relative or friend to take you home.

Preparing for your bone marrow examination

- You may eat a light meal up to six (6) hours before your appointment and then clear fluids only
- You must organise for a relative or friend to pick you up following the bone marrow examination
- It is important that you do not wear any nail polish on the day as it may interfere with equipment used to monitor you during and after your bone marrow examination

Precautions after a bone marrow examination

Because you have received sedation you must follow the guidelines listed below for 24 hours following your bone marrow examination:

- Take medication only prescribed by your doctor
- Do not drink alcohol
- Do not drive a car
- Do not catch public transport without a carer
- Do not operate machinery
- Take extra care when handling sharp objects, hot liquids and electrical appliances
- Do not sign important documents

Care of the bone marrow examination site

For 24 hours after the procedure keep the site covered with the dressing that has been applied. The dressing is water resistant so you may shower after your bone marrow examination, but please DO NOT bath, swim or use a spa for 48 hours. After 24 hours you may remove the dressing. Apply a fresh dressing if ooze is present otherwise leave the dressing off.

What are the risks of a bone marrow examination?

- Following your bone marrow examination you may experience mild to moderate pain at the procedure site. Paracetamol is recommended to control pain. DO NOT take aspirin or aspirin containing medication immediately after the procedure as they may cause bleeding. Please notify your doctor if your pain is not controlled by paracetamol or your regular medication and continues for more than 24 hours.
- A small number of patients will experience bleeding from the bone marrow biopsy site. Usually bleeding is minor and soon stops. Please notify your doctor if you experience bleeding that soaks the
dressing or continues for more than 24 hours. In very rare cases a blood transfusion may be required.

- Bruising and mild swelling at the site of the bone marrow examination is common.
- Development of a small scar as a consequence of undergoing a bone marrow examination is also common.
- There is a small risk that the bone marrow examination site may become infected. Please notify your doctor if redness develops at the site within 48 hours after the procedure.
- Rarely the insertion of the needle during the bone marrow examination damages nearby tissue and structures. Please speak with your doctor if you have any concerns.

Your bone marrow examination results

Your doctor will discuss the results of your bone marrow examination with you at your next appointment. Should you have any questions please ask your doctor or nurse.
Icon Cancer Care contact numbers

Brisbane (South Brisbane, Wesley and Chermside)

- The majority of Specialists can be contacted during normal clinic hours (Monday - Friday 8:00am - 6:00pm) on (07) 3737 4500.
- Several Specialists have different 'after hours' arrangements in place. The majority of Specialists can be contacted on 1300 4266 00. Please ask the 'after hours' service provider for your Specialist by name and they will advise how your call will be managed.

Southport

- The majority of Specialists can be contacted during normal clinic hours (Monday - Friday 8:00am - 4:30pm) on (07) 5657 6400
- Several Specialists have different 'after hours' arrangements in place. The majority of Specialists can be contacted on 1300 4266 00. Please ask the 'after hours' service provider for your Specialist by name and they will advise how your call will be managed.

Townsville

- During Business Hours (07) 4795 7100 and ask for the day hospital.
- After Business Hours phone (07) 4795 7100 and ask for the doctor on call.

Adelaide

- During Business hours from 8.00am to 5.30pm phone (08) 8292 2220.
- After Business Hours (after 5.30pm), phone 0407 118 597 to speak with the doctor on call.
- Dr Nath’s patients contact 0449 028 220.

In the event of an emergency please call 000.

Useful websites

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<tr>
<th>Icon Cancer Care</th>
<th><a href="http://www.iconcancercare.com.au/patient-information">www.iconcancercare.com.au/patient-information</a></th>
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<td>Leukaemia Foundation</td>
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