

## **Bone Marrow Biopsy Information Sheet**

Bone marrow biopsy is a routine procedure performed to aid in the diagnosis of your condition. Dr Zimet will discuss with you the reason for the bone marrow biopsy.

The procedure is usually performed as a day case.

### **Pre-medication**

Patients receive a pre-medication of local anaesthetic, which gives good pain cover. To avoid discomfort, you will require light sedation. Often this is given as oral lorazepam, subcutaneous morphine, and an anti-nausea drug.

Occasionally, intravenous pre-medication, which provides a deeper level of sedation, is used.

### **The procedure**

You will be turned on your side. Local anaesthetic will be given to numb the area over the pelvis from where the bone marrow biopsy is taken. An incision will be made and the samples of bone marrow taken. The procedure takes approximately ten to thirty minutes.

Many patients find the procedure slightly uncomfortable, but this varies considerably between patients.

### **Preparation**

Most patients do not need to fast for the procedure. However, if intravenous anaesthesia is planned, fast for six hours prior and two hours following.

Comfortable clothing should be worn which is loose-fitting and able to be removed.

Generally you will stay for one to two hours after the procedure. A waterproof dressing is applied which may be removed after 48 hours.

It is not unusual to have pain in the area for up to a week.

### **Possible side effects**

Bruising in the area of the bone marrow biopsy.  
Mild amnesia from the sedation.

### **Results**

The results will be available for Dr Zimet in three days and will be discussed with you at your follow-up appointment.

Dr Allan Zimet.