

**Appointment Date:** \_\_\_\_\_ **Time** \_\_\_\_\_

**LOCATION: Aultman Main Hospital:** 2600 6<sup>th</sup> St. SW, Canton

**DEPARTMENT:** Aultman Endoscopy/Minor Surgery Department on Main 2

**SUMMARY OF THE EXAM:** A bone marrow biopsy is a procedure done to remove a small amount of marrow from your bone. Bone marrow is the soft, spongy tissue inside of your larger bones that makes blood cells. The procedure lasts approximately 15 minutes.

## INSTRUCTIONS

### One week before your procedure

- Check with your doctor for specific instructions if you are taking aspirin, anti-inflammatory drugs, insulin, or anticoagulants (blood thinners)
- Make sure you have arrangements to have someone with you who can drive you home after your procedure.

### The evening before your procedure

- Do not eat or drink **ANYTHING** after midnight, unless otherwise instructed by your doctor.

### The day of your procedure

- Bring a complete list of all your medications including prescription and over-the-counter medications, herbal supplements, and vitamins.
- Wear loose fitting clothes that will be comfortable for you to wear home.
- Leave valuables such as cash, credit cards or jewelry at home.
- Report to the Endoscopy/Minor Surgery Department at least one hour before your scheduled procedure time. You will be asked to sign a consent form to allow the doctor to perform the procedure.
- You will be escorted to the prep/recovery area, where you will change into a gown. Lockers are provided. Your family member/friend may wait for you in the waiting room.
- The nurse will start an intravenous (IV) line to provide fluids and sedation

### During your procedure

- You will lie on your side on a cart with your knees pulled up to your stomach
- Medicine will be given through your IV line to relax you and keep you comfortable. Oxygen will also be administered.

- Prior to the procedure, the doctor will clean and inject a numbing medication into the area.
- Usually the doctor will take two different samples. One is a liquid sample of bone marrow, and one is a piece of the bone where the marrow is made. This may cause slight discomfort, but only briefly.
- Your doctor may also order a blood test called a Complete Blood Count (CBC) to be drawn from your arm to compare with the samples taken from the bone marrow.

#### **After the procedure:**

- The nurse will hold some pressure to the site where the bone marrow sample was taken and then apply a bandage dressing.
- You will be asked to lie on your back on a cart in the recovery room where you will stay for about an hour.
- After your recovery, you will be discharged home. **YOU MUST HAVE SOMEONE DRIVE YOU HOME**
- You should not plan to do anything that requires concentration or coordination for the rest of the day.
- The procedure doctor will tell you what he/she found at a follow-up appointment at his/her office.
- You may remove the bandage dressing the next day and leave it open to air. If any oozing or bleeding occurs, hold pressure to the site for 10 minutes and re-apply a Band-Aid.
- To not take a tub bath or submerge the site in water for 2-3 days after the procedure. You may shower as usual.
- The site may be sore like a deep bruise. Tylenol 650 mg. every 4-6 hours as needed is usually all you will need to keep you comfortable after the procedure.
- Check with your doctor for specific instructions if you are taking aspirin, anti-inflammatory medicine or anticoagulants (blood thinners).
- Please call your doctor if you have severe pain or redness at the bone marrow sample site or a temperature elevation of 101 degrees or greater.

**LENGTH OF EXAM:** Plan on spending about three hours at the hospital from start to finish.

#### **QUESTIONS PRIOR TO YOUR TEST**

Call Aultman Endoscopy/Minor Surgery Department at 330-363-2511 weekdays between 8am - 2pm for any questions about your test.

**SCHEDULING AND REGISTRATION:** Pre-registration is required for an accurate medical record and proper billing. Please call Aultman Centralized Scheduling at 330-363-6318 between the hours of 8 a.m. and 4 p.m. to pre-register. If you have questions or need to reschedule your exam, please call the doctor who is performing the test.

**HOSPITAL PARKING**

It is best if you park on the Seventh Street side of the hospital, either in the parking deck or in the 7<sup>th</sup> Street valet. Please note that whether you choose to park in the deck or with valet, your parking will be free since you are having a procedure with us.

**DIRECTIONS TO THE DEPARTMENT**

The Aultman Endoscopy/Minor Surgery Department is located in the Main Hospital on the second floor. From the main hospital lobby, take the elevators to the second floor. When exiting the elevators turn right, and then immediately turn left. You will see a white sign hanging from the ceiling that reads “Outpatient Check-In”. Check in with the person at the desk or by touching the computer kiosk screen on the desk and following the prompts.