



PATIENT INFORMATION

BONE MARROW

ASPIRATION

&

BIOPSY

Visitor Parking at The Alfred

The visitors' car park is situated underground at The Alfred Centre (off Centre Lane), enter from Commercial Road. Operating hours are 6:00am - 10:30pm, 7 days per week.

Disabled Parking at The Alfred

Disabled parking is located at the main entrance to the hospital and at various points around the hospital. There are 10 free Disabled parking bays with a 2 hour time limit located outside WBRC. Disabled parking in the visitors car park will be charged at normal rates unless you hold a pension or healthcare card. (Refer to map for disabled parking options).

Concession Rates at The Alfred

Any holder of a pension or healthcare card will be charged car parking concessions fees on a sliding scale. To receive the concession rate your pension or healthcare card must be produced upon entry to the car park.

To find out more about car parking arrangements at The Alfred visit The Alfred website at www.alfred.org.au or call (03) 9076 2266.

BONE MARROW ASPIRATION AND BIOPSY:

PATIENT INFORMATION

This sheet is to provide information to patients about bone marrow biopsy tests. This test enables analysis of the bone marrow contained within your bone which produces blood cells. An aspiration involves withdrawing a fluid sample via a needle inserted into one of the bones. The biopsy is a very small core of bone removed at the same time. These samples are then examined under a microscope by specialist Haematology pathologists. The results should be available to your doctor in 3 working days but some special tests take up to 2-3 weeks.

The test is performed in the morning from Monday - Thursday inclusive, in the Haematology/Oncology Centre (HOC) on the 1st floor of the William Buckland Building (*see over for map*).

BEFORE THE TEST:

You need to fast (i.e. not have anything to eat or drink) after midnight, the night before the test. You may take your medications with a small sip of water only. If you have diabetes please contact the Laboratory Haematology Registrar (*see below*) for special instructions. You will be provided with something to eat and drink after the procedure unless you need to continue fasting for another procedure or test.

If you have any of the following medical problems please inform your doctor AND contact the Laboratory Haematology Registrar on 9076 3075 or 9076 3888.

- Diabetes
- Taking warfarin or other blood thinning medications
- Heart murmur
- Artificial heart valve
- Lung disease
- Drug allergy/prior allergic reactions
- Taking medication to treat HIV

If you are an outpatient you must present half an hour before your scheduled procedure to the HOC. The general enquiries desk at the front of The Alfred hospital will direct you there if you enter the hospital from Commercial Road. You should bring someone with

you to take you home or arrange to be picked up after the procedure.

ABOUT THE TEST:

Prior to the test, the procedure will be explained to you and any questions you have will be answered. You will then need to sign a consent form.

Before the procedure begins the nurse will insert a small needle into your arm to take a blood sample. You may be given some short-acting sedative medication to minimise any discomfort during the test. This is not a general anaesthetic and the use of this medication is recommended but optional.

The most common site for the samples to be taken is from the back of the right hip (not the spine) so you will be asked to lie on your left side with your knees drawn to you chest. The skin will be washed with antiseptic and local anaesthetic injected.

A special needle is used to withdraw the bone marrow sample. You may feel some pressure or minor discomfort only. After the needle is withdrawn an adhesive dressing is applied and generally no sutures are needed. The dressing should stay in place for at least 24 hours and be kept dry.

PRECAUTIONS FOR THE REST OF THE DAY:

Because the medication used for your sedation takes some time to wear off completely, you are advised to follow the guidelines listed below for the first 24 hours following the procedure:

- Take medication only prescribed by your doctor
- Do not drink alcohol
- Do not drive a car
- Do not take public transport without an escort
- Do not engage in sports, heavy lifting or strenuous activities
- Do not take control of machinery or hazardous appliances
- Avoid tasks which involve concentration or responsible decision making

COMMON EFFECTS AFTER THE PROCEDURE:

Nausea and/or vomiting may occur in the hours after the procedure. If this occurs, the episode is usually not severe and is of short duration. Refrain from eating and confine yourself to small frequent sips of fluids, gradually increasing your intake until the symptom passes.

You may also experience some pain at the site of the procedure. This is usually mild to moderate and of short duration. It should be able to be controlled by taking paracetamol. It is recommended that you do not take aspirin or aspirin-containing medications immediately after the procedure as they may cause bleeding.

Some people find their ability to concentrate is impaired for a day or two after the procedure this usually passes without any lasting effect.

Please contact the Laboratory Haematology Registrar on the numbers below or after hours the Clinical Haematology Registrar on call on 9076 2000 if you experience the following:

- Nausea/vomiting which is severe or persistent for more than 6 hours
- Bleeding that soaks the dressing or continues for more than 24 hours
- Pain that is severe and not controlled by paracetamol or your regular medication
- Any other problems that you think might be related to the procedure.

If you have any queries regarding this information, contact the Haematology/Oncology Clinic:

Phone: 9076 3169

Or the Laboratory Haematology Registrar:

Ph: 9076 3075 or 9076 3888

Dr Susan Whitehead

June 2010

Haematology Unit, Alfred Pathology Service