Appointments Date: __________________________ Time: _______________________

LOCATION: Aultman Outpatient Department (Endoscopy Unit)

SUMMARY OF THE TEST: 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).

- **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 list of all medications you are currently taking, 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 Outpatient Endoscopy Department at least one hour before your scheduled procedure time. You will be asked to sign a consent form to authorize 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, so you can secure your clothes and other belongings. 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 your procedure:**
- The nurse will hold some pressure to the site where the bone marrow sample was taken from and then apply a bandage dressing.
- You will be asked to lie on your back on the 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 examining 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 5 minutes and re-apply a Band-Aid.
- Do 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 drugs, or anti-coagulants (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 THE EXAM:** Plan on spending about three hours at the hospital from start to finish.

**QUESTIONS PRIOR TO TESTING:** Please call the Aultman Outpatient Department at 330-363-2511 between the hours of 8 a.m. and 3 p.m.
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.

DIRECTIONS: Report to the second floor of the main hospital. Park in the Seventh Street parking deck, or use the Seventh Street valet services. Take the elevator to the second floor, and follow the signs to the “Outpatient Department.” Sign in at the registration desk, and have a seat in the waiting room.

PARKING: Free visitor parking is available in Lot 3 across from the Bedford building; enter from Sixth Street. Valet parking is available at the Seventh Street and Bedford building entrances for a $5 fee – or free if you are a handicapped motorist or making a newborn pickup. Deck parking is also available for a fee, based on your length of stay.