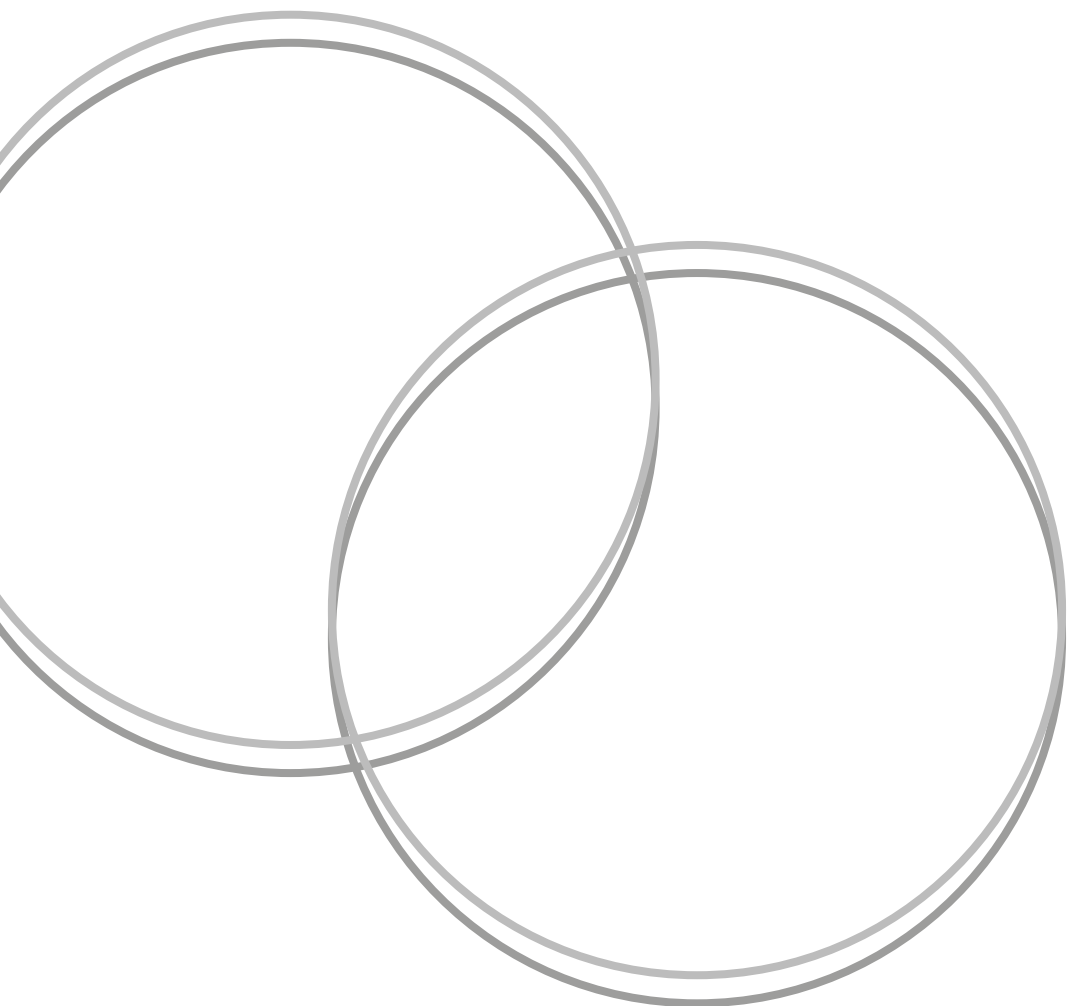




Oxford University Hospitals
NHS Foundation Trust

After Your Bone Marrow Biopsy

Information for patients



Department of
Clinical Haematology

The following information is provided to help you understand what to do following your bone marrow biopsy.

Dressings

You will have a dressing over the site of the biopsy. This needs to be kept dry and in place for 24 hours. You can then remove the dressing and have a shower or bath. You shouldn't need to re-cover the site.

If the site becomes sore and red, please contact Triage on the telephone numbers at the end of this leaflet.

Pain and discomfort

After a bone marrow biopsy it is normal to feel a little discomfort and some aching for a few days in the area where the sample was taken.

You can continue to move around as you would normally, but please avoid strenuous exercise for a couple of days. It may help to take mild painkillers (such as paracetamol) as directed by the instructions on/in the packet or by your doctor.

If the pain gets worse, please contact Triage on the telephone numbers at the end of this leaflet.

Bleeding

There shouldn't be any bleeding from the site of the biopsy.

If there is any bleeding, do not remove the dressing. Roll up a towel, place it under your back, where the dressing is and lie on it for half an hour. This will apply pressure to the site. Ring Triage to let them know. After half an hour remove the wet dressing to see if it has stopped oozing. If it appears to have stopped put a new dressing or plaster over the site and leave on for a further 24 hours. If it bleeds through again, then ring Triage for further advice.

Feeling unwell

If you feel at all unwell after your bone marrow biopsy, please contact Triage.

Please remember that if you are in doubt or worried it is always better to seek advice sooner rather than later.

How to contact us

Triage Assessment Team

Telephone: **01865 572 192**

(8.00am to 10.00pm, Monday to Sunday)

Outside of these hours, please call the:

Clinical Haematology Ward

Telephone: **01865 235 048** or **01865 235 049**

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Pip Doling, Bone Marrow Biopsy Lead Nurse, with input from members of the Oxford Blood Group.

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Oxford University Hospitals NHS Foundation Trust

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