

Department of Clinical Haematology

AFTER YOUR BONE MARROW BIOPSY

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. Use your hand to apply pressure to the site with some gauze or cotton wool. Contact Triage immediately.

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

Tel: **01865 572 192**

(8.00am to 8.00pm, Monday to Sunday)

Outside of these hours, please call the **Clinical Haematology Ward**.

Tel: **01865 235 048**

01865 235 049

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.



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

Guidance received from Divisional Patient Information Coordinator

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www.ouh.nhs.uk/information