



Bone marrow aspirate and biopsy aftercare

Following your visit for a bone marrow examination you will be able to go home. You should be aware of some potential problems that could occur which may require you to contact The Christie Hotline on **0161 446 3658**.

Instructions post procedure

1. If you had local anaesthesia only, you will lie flat on your back for 5-10 mins or until the site has stopped bleeding. You will be free to go but we suggest taking it easy for the rest of the day. You may return to normal activities after 24 hours.
2. If you had local anaesthesia and either entonox or IV sedation you will need to stay until the effects have completely worn off; this may take up to one hour. If you have received sedation you will require a friend or relative to drive you home as you will be legally impaired. You should arrange this before the clinic appointment. Specific post sedation information will be given to you.
3. The local anaesthesia will wear off after a few hours. For the next two or three days you will feel sore at the site of the procedure, especially when bending over. Pain is sometimes felt down the leg for a few days. Please take regular paracetamol if this is the case; avoid ibuprofen or aspirin.
4. If the pain persists, please contact The Christie Hotline for advice.
5. After the procedure, pressure will have been applied to stop the bleeding and a dressing will have been placed on the site to keep the area clean and dry. Leave this in place for 24 hours and do not get this wet. Do not bathe, shower, swim or use a hot tub for 24 hours, although you may sponge bath. If the dressing gets wet, please remove and replace with a clean, dry dressing.
6. There will be some spotting on the dressing and there may be bruising around the area; this is normal. If there is any bleeding from the site that does not stop with simple finger pressure, please contact The Christie Hotline immediately for advice.
7. Once the dressing has been removed, you may notice that the skin is red, swollen or may have pus around it. If this occurs please contact The Christie Hotline for advice
8. If you develop a temperature, have chills or feel weak and achy this may be a sign of infection, please contact The Christie Hotline.

If you are feeling unwell or require advice out of hours please do not hesitate to contact The Christie Hotline on 0161 446 3658

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

Contact The Christie Hotline for urgent support and specialist advice

**The Christie Hotline:
0161 446 3658**

Open 24 hours a day, 7 days a week

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact patient.information@christie.nhs.uk

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For more information about The Christie and our services, please visit www.christie.nhs.uk or visit the cancer information centre at Withington, Oldham or Salford.

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