

## After Your Bone Marrow Biopsy

### *Important self-care instructions*

*This handout gives important self-care instructions to follow after your bone marrow biopsy.*

Your name: \_\_\_\_\_

Your doctor: \_\_\_\_\_

### **For 24 Hours**

- The medicine that you were given to make you sleepy will stay in your body for several hours. It could affect your judgment. Because of this, until the day after your procedure, or for 24 hours:
  - Do not drive a car.
  - Do not use machinery or power tools.
  - Do not drink alcohol.
  - Do not take medicines such as tranquilizers or sleeping pills, unless your doctor prescribed them. Ask your doctor if you are not sure.
- You may resume your normal activities at home.
- You may resume your normal diet.
- You may resume your normal medicines unless your doctor told you otherwise.
- Keep your biopsy site clean and dry for the first 24 hours.
- Check the site over the next few days for redness or yellow drainage. These are signs of infection.



### **When to Call Your Doctor or Nurse**

Call your nurse or doctor in the next 7 days if you have:

- Pain at your biopsy site that is not relieved by acetaminophen (Tylenol)

- Fever higher than 100.5°F (38.5°C) or chills
- Changes at your biopsy site:
  - Bleeding, redness, or swelling
  - Drainage that smells bad

## **Who to Call**

If you have questions or concerns:

- Weekdays from 8 a.m. to 5:30 p.m., call the Infusion Room at 206-744-6208.
- After hours and on holidays and weekends, call Harborview Medical Center at 206-744-3000 and ask for the Hematology/Oncology Fellow on call to be paged.

### **Questions?**

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

HMC Ambulatory Procedure Area – Infusion Room:  
206-744-6208