

New arrangements for booking Bone Marrow Examinations

As from February 21, 2005, all bone marrows will be done in the Operating Theatre, three times weekly, on Monday, Wednesday and Friday mornings.

To book a bone marrow -

Inpatients: this will be done in the usual way, by contacting Dr. O'Sullivan on ext 33406 or page 473, or the Haematology Laboratory Registrar on ext. 33427 or page 991.

Outpatients: as before, you will contact 3N and book a date through them, then ring either Dr. O'Sullivan or the Haematology Laboratory Registrar to book it with them.

Details required for booking a bone marrow -

- name and MRN of the patient
- diagnosis
- the consultant, the destination of the report
- any other relevant information e.g., whether the patient needs to have cultures done on the marrow; it will NOT be sufficient to request cultures on the marrow request form
- is the patient receiving warfarin or similar drugs

Consent and Pathology Request Form

It is essential to obtain the patient's consent, and to write a pathology request form with relevant history at the time of booking a marrow; these are to be in the patient's notes, which will accompany them to theatre. The pathology request form may also include a request for any other blood tests to be done.

Please do not arrange an appointment for Xray or Nuclear Medicine on the same morning.

Patient Information Sheet

A sheet of Instructions for Patients having bone marrows is available in HODC, Cancer Care, Haematology Outpatients and 3N (it is mainly intended for outpatients). Please fill in the spaces provided, give it to the patient, and answer any queries about the procedure.

If you have any questions about the new procedure, please contact the undersigned on 33406 or email osullivang@sesahs.nsw.gov.au

Prepared by Dr O'Sullivan
17th February 2005

Instructions for Patients having a Bone Marrow Examination.

The doctors looking after you have arranged for you to have a bone marrow examination. The reasons for this have been discussed with you, and you have consented to the procedure.

This has been arranged for 7.45 am on/...../.....

Please ring 3N (9350-2333 or 9350-1924) the afternoon before your appointment, to check instructions

During this procedure, a needle biopsy of bone marrow will be drawn from a bone behind your hip. The procedure involves swabbing the skin over the site with antiseptic, numbing the skin with local anaesthetic (which stings a bit and then goes numb), putting a needle into the marrow, removing a little marrow, and then taking a core of bone (this is about the thickness of the inside of a biro). Usually, you will be sedated for this procedure (you may elect not to receive sedation). The sedation will depress your breathing, so an oxygen mask will be put on your face, and your oxygen level monitored. The sedation usually takes an hour or two to sleep off.

Some frequently asked questions and answers

Should I not eat or drink before the procedure?

Please fast from midnight the night before. You may have a small sip of water with any medication, but nothing else.

Should I take my medications?

Please take your usual medications before the procedure. You may take a small sip of water with any medication, but nothing else.

If you are a diabetic on insulin, please notify the ward on arrival.

Please notify the ward on arrival of any allergies and all medications, including vitamins, herbal medicines, etc.

If you are on warfarin (Marevan or Coumadin), your INR should be 2.5 or lower. On arrival, please notify the ward that you are on warfarin, and your INR will be checked; if it is over 2.5, your procedure may have to be postponed.

Where do I go when I arrive at the Hospital?

Outpatients.

Please go to the ambulatory Care Unit (located on 3N), and be there by 7.45 am on the day arranged.

Inpatients.

The theatre staff will come and collect you from your ward the morning of the procedure.

When will the procedure be done?

As a small theatre list will be done first, but in-patients and outpatients may have to wait a while until this is finished. Usually between 3 – 5 patients will be having the bone marrow biopsies on any one day, so the latest this will be is 12 noon.

When may I be discharged?

The sedation usually takes 2 hours or so to wear off. The nursing staff will assess you regularly and let you know when you are able to leave. You **must** have someone to escort you home if you have received sedation. Your escort will be notified when you can leave. Please ensure you have given a contact number for your escort when you reach the ward before the sedation.

What do I do when I get home?

Apart from a small bruise, the area from which the biopsy was taken should be okay.

Please do not shower or get the dressing wet for 24 hours after the procedure. You may then remove the dressing.

You may feel an ache or some discomfort, and Panadol (not aspirin) will relieve this. If you are on aspirin, you are more likely to bleed, but most have no trouble.

If you notice significant pain, not relieved by Panadol, significant swelling over the biopsy site, any bleeding or feel unwell in any way, you should contact the Haematology Registrar on 9350-3427, or see your own doctor.

Can I contribute my bone marrow for research?

Several research projects are currently investigating several bone marrow conditions. If you have, or are thought to have multiple myeloma, non-Hodgkin's lymphoma or myelodysplasia, we would be grateful if you would consent to some of the bone marrow being removed for these research projects.

If you consent to this, please notify the ward on arrival, and sign the consent form.