

Procedures/Diagnostic Tests (3SWN)

Self care after: Bone Marrow Biopsy

- o **Keep the dressing dry and intact for 24 hours after your procedure.**
You may take sponge baths during this time.
- o **You may have a shower 24 hours after your procedure.**
Please remove the dressing before taking a shower.
- o **Dry the biopsy area with the gauze provided by your health care team.**
Put a bandage on the site(s).
- o **Place a fresh bandage over the biopsy site(s) every day for 3 days.**
After 3 days, leave the site(s) open to air. If after 3 days, clothing irritates the site or it has not healed, put a bandage back on the site(s), but please change the bandage every 24 hours.

- o **Do not soak in water** (baths, pools, hot tubs, ocean) for 1 week.

- o **You may return to normal activities after your bone marrow biopsy. But please do no heavy activity or exercise for the next 24 hours.**

This helps stop bleeding and discomfort. You may take Tylenol for pain, but avoid aspirin, Advil, and ibuprofen unless your health care team tells you otherwise.

- o **Eat normally** unless instructed otherwise by your health care team.

- o **If you had conscious sedation: You will need a ride home because you will be legally impaired for the next 24 hours and you should not drive.**

You may feel drowsy for the rest of the day, so please rest and do not exercise. Do not make legally binding decisions and do not sign any important documents.

If you feel dizzy, weak, lightheaded or faint, and/or if you have signs or symptoms of infection (fever of 101.5 F or greater, increasing redness, warmth, swelling, drainage, increasing pain from site) or bleeding, please call:

- o **3 South East Day Hospital 301-451-1152**
Weekdays: 8 a.m. to 8 p.m. **Weekends:** 8 a.m. to 6:30 p.m. **Holidays** 8 a.m. to 4:30 p.m.
- o **3 North East Inpatient Unit: 301-451-0440**
Open 24 hours a day, 7 days a week . **Call only if 3 SE is closed.**
- o **On-call doctor (after hours:) 301 496-1211**
Call this number for any other problems. Ask the operator to page the NCI or NHLBI doctor on call.

This information is prepared specifically for persons taking part in clinical research at the National Institutes of Health Clinical Center and may not apply to patients elsewhere. If you have questions about the information presented here, talk to a member of your health care team.

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Questions about the Clinical Center? <http://www.cc.nih.gov/comments.shtml>

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