

# Having a bone marrow aspirate

Information for patients

**Easy Read**



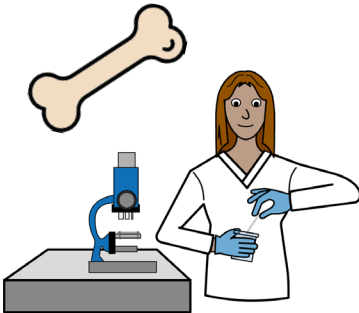
## easy read



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

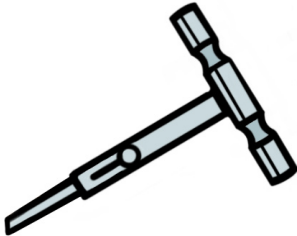
## bone sample



A bone marrow aspirate is like a biopsy.

A sample of your bone and the fluid around it is taken.

## trephine



A piece of equipment called a trephine, is used to take the sample.

This is a type of needle.

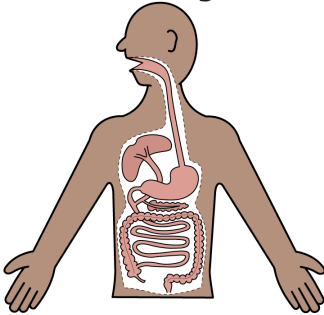
It looks like a small tube.

## medication



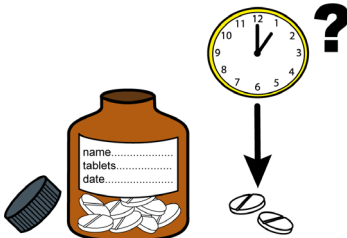
The sample is then looked at under a microscope.

## inside your body



This helps your doctors understand your health and body.

## when to take medications



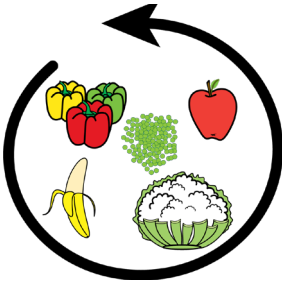
If you are on blood thinning medications please speak to your doctor before the procedure.

You need a plan for these.

## clinic room



**5 a day**



**having an  
anaesthetic**

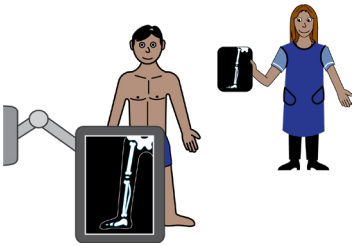


Most people have this procedure done in clinic, under local anaesthetic.

This means they can eat and drink as normal before the procedure.

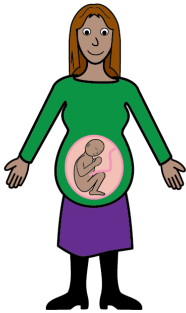
If you have been told you need a general anaesthetic please see our other leaflet about this.

## x-ray



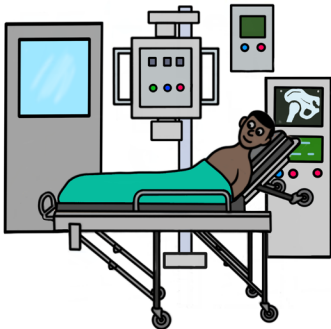
The procedure is done in the x-ray or radiology department.

## pregnant



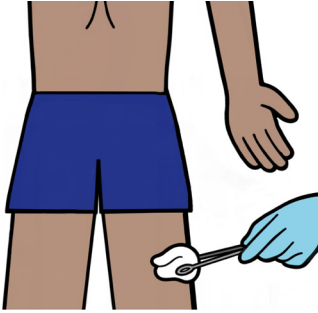
Please let staff know if you are pregnant or could be pregnant.

## x-ray room

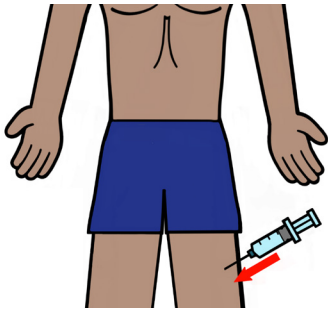


You will lay on an x-ray table.

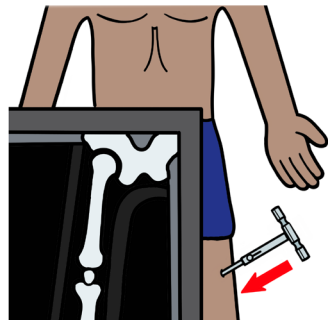
## clean skin



## injections



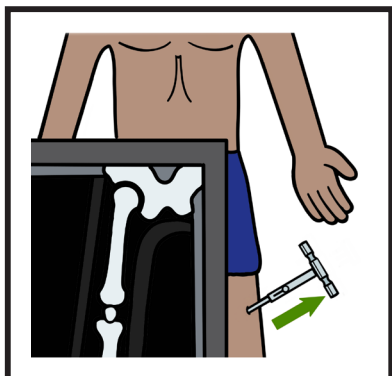
## take biopsy



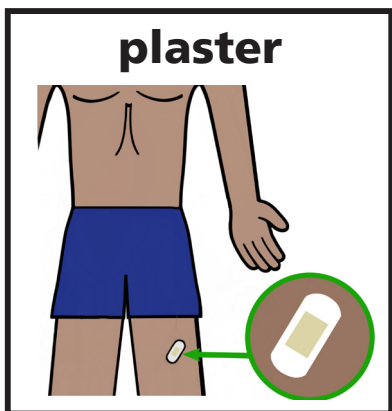
They will clean your skin with cold cleaning fluid.

They will give you small injections to numb the area they take the biopsy from.

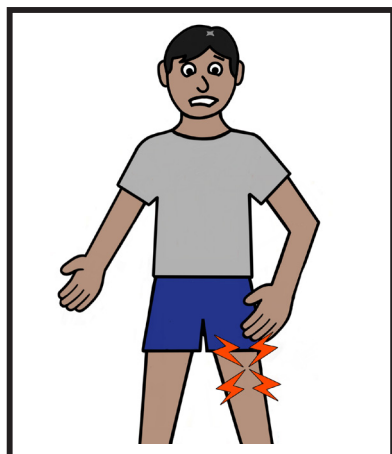
Once the area is numb they will insert the trephine into the bone to take the biopsy.



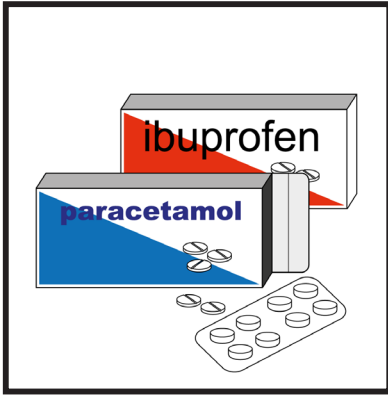
The trephine is then removed.



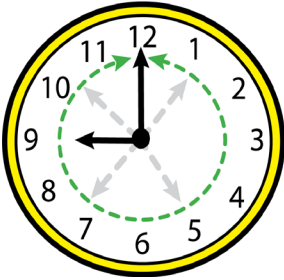
A plaster will be put on the site where the trephine went in.



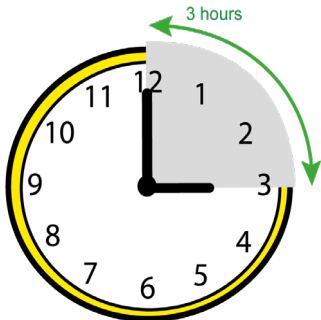
Some people feel a little sore afterwards.



**1 hour**



**3 hours**



You can take simple pain killers.

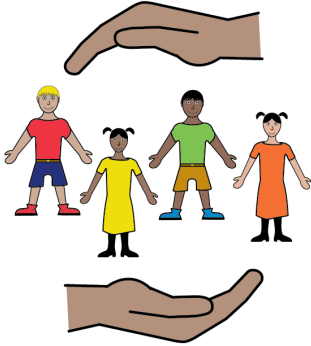
Always follow the instructions on the box.

The procedure usually takes less than an hour.

But please allow 3 hours.

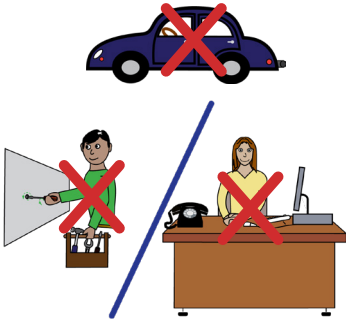


## care



If you have children or anyone dependent on you for care, please make arrangements for them to be looked after.

## no driving or working



You should not drive or return to work on the day of the procedure.

## results



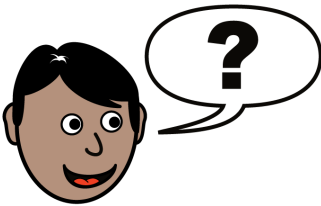
You will not get the results on the day.

## contact



Your hospital consultant will contact you or your GP to discuss the results.

## ask



If you have any questions, you can ask the staff.

A woman with long brown hair, wearing a red top, is pointing her right hand towards a QR code. Below the QR code is a logo that says 'Get me? Get Me Better!' with 'GETTING BETTER' in smaller text underneath. Below the logo is an NHS logo and the text 'Hospital Passport'. At the bottom, there are two input fields: 'My name is' followed by a line, and 'I like to be called' followed by a line. To the left of the input fields is a small illustration of two people, one in a yellow shirt and one in a purple shirt.

If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on: [leedsth-tr.l autism@nhs.net](mailto:leedsth-tr.l autism@nhs.net)





## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

*Your views matter*



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Produced by: Medical Illustration Services • MID code: 20240104\_010/NR

**LN005772**  
Publication date  
01/2024  
Review date  
01/2027