

The ROYAL MARSDEN

NHS Foundation Trust

Bone marrow biopsy under intravenous conscious sedation

Haematology Unit

Patient Information



NHS

Introduction

You will be coming to The Royal Marsden Minor Procedure Suite in Sutton for a bone marrow biopsy. This will be carried out under intravenous conscious sedation as a day case procedure.

Preparing for intravenous sedation

It is very important that you follow these instructions to ensure your comfort and safety.

- Do not eat **6 hours** before the procedure
- You can drink clear fluids up to **2 hours** before the procedure including water, herbal /fruit tea, tea and coffee without milk
- Ensure that you have not taken any blood thinning medications (e.g. Warfarin, Apixaban, Rivaroxaban) prior to the biopsy
- Please ensure that you inform a member of staff if you have any drug allergies
- Do not wear any nail varnish
- Wear loose fitting clothes and flat comfortable shoes
- Arrange for someone to collect you from the Minor Procedure Suite after your procedure - public transport is not suitable for your journey home. If you use a taxi, you must still have someone to accompany you.
- Arrange for someone to stay with you for 24 hours after your procedure as the sedation will still be in your system and may impair your judgement.

What will happen on the day?

Two hours before the procedure, please attend the Blood Room or Bud Flanagan Ambulatory Care Unit. If you are a teenage and young adult patient (16–24 years), please attend the day unit on the teenage ward to have your bloods taken.

When you arrive at the Minor Procedure Suite, please report to the reception desk to check in. You will be met by your nurse who will take care of you during your stay and give you a wristband.

Your details, observations (pulse, temperature, respiratory rate, and blood pressure) and weight will be recorded. We will ask you to complete a questionnaire prior to the procedure (if you have not already done so) and sign a consent form. You will be attached to a cardiac monitor to ensure that your observations are closely monitored. We will inject Midazolam into a vein, to provide you with adequate sedation and analgesia throughout the procedure. You will still be able to respond to instructions but may not be able to remember the procedure afterwards.

There will be two specialist nurses attending to you - one nurse will perform the bone marrow procedure and the other will monitor the sedation. If you are anxious about having the procedure and would like a relative/friend to be present with you, please discuss this in advance with your key worker. We cannot guarantee that this will be possible but will do our best to ensure you are supported.

What happens after the procedure?

Once you have fully recovered, we will offer you some refreshments. You will need to remain in the unit for up to an hour after your procedure to ensure that you are fully recovered from your sedation. Your nurse will give you advice on aftercare, for example, pain relief and wound care.

What will happen next?

During the 24 hours after your procedure we advise that you:

- Do not drive a car or ride a bicycle
- Do not operate machinery or do anything requiring skill or judgement
- Do not make any important decisions or sign any documents as your concentration will be reduced

- Do not drink alcohol
- Do not take sleeping tablets
- If you become acutely unwell, please contact the emergency hotline numbers given to you by your keyworker, and they will advise you.

Directions to The Minor Procedure Suite

From the hospital main entrance, turn left towards the cafeteria and take the lift or stairs to second floor (East Wing block).

When you come out of the lift, you will see double doors with the sign **Bud Flanagan Unit**. Enter the double doors and the Minor Procedure Suite is opposite the Bud Flanagan reception.

Contact details

These instructions need to be followed for your safety. If you have any questions prior to your appointment please contact us.

Minor Procedures Suite: 020 8661 3376 / 020 8915 4163
(Monday to Friday, 9am – 5pm)

Alternatively, please call:

The Royal Marsden Macmillan Hotline: 020 8915 6899
(available 24 hours a day, 7 days a week)

Call us straight away if you are feeling unwell or are worried about the side effects of cancer treatments.

This service provides specialist advice and support to all Royal Marsden patients, as well as to their carers, and both hospital and community-based doctors and nurses caring for Royal Marsden patients.

For all patients under the care of paediatric medical teams, please contact the **Paediatric Hotline:** 020 8915 6248

References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from:

The Royal Marsden Help Centre

Telephone: Chelsea 020 7811 8438 / 020 7808 2083

Sutton 020 8661 3759 / 3951

Email: patientcentre@rmh.nhs.uk

No conflicts of interest were declared in the production of this booklet.

Should you require information in an alternative format, please contact The Royal Marsden Help Centre.

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