

# University College Hospital

## What to do when you are having a Bone Marrow Aspirate (BMA) under general anaesthetic Teenage and Young Adults Day Care

Bone marrow is a spongy material found inside some large bones in the body, such as the hip bones and pelvis, where your blood cells are made. Taking a sample of bone marrow can provide lots of information about the way your blood cells are being made and how they're developing.

### General information

The bone marrow procedure list runs on Monday and Thursday afternoons from 13:00. It's important you arrive at TYA Day Care at the University College Hospital Macmillan Cancer Centre by 10:30 to ensure your procedure can take place on time. If you are running late please ring and let us know on 020 3447 1837, otherwise your bone marrow aspirate will be cancelled and rearranged.

### Before you arrive

- Please do not eat anything after 07:00 (food includes chewing gum and any drinks other than water). You can drink clear water until 11:00.
- If you need to take medication please take it with food before 07:00 or with water by 11:00.
- If you are on any anti-coagulation treatment (if unsure please ask your Doctor or Nurse) seek advice as to when to stop these before your BMA and restart after the procedure.

## Once you arrive

You will be seen by your Nurse who will carry out your observations and ask some questions related to your general anaesthetic. They will take bloods, access your line or insert a cannula (depending on what you need). The Day Care Doctor will also assess you. Please let the Doctor know of any medications you need to take home.

## The procedure list

- About 15 minutes before your BMA you will be taken to the waiting room on the lower ground floor of the Cancer Centre.
- A Nurse will check all of your details and take you through to the procedure room. You can have one relative or friend with you if you'd like to.
- There will be three Nurses, a Doctor and two Anaesthetists looking after you during your procedure.
- Your details (name, date of birth and allergies) will be checked by different members of the team.
- The general anaesthetic will be given as an injection into your cannula/line.
- The procedure can take up to 60 minutes.

## After the procedure

- You will be taken through to a recovery unit where you will wake up and have observations taken for about 30 minutes.
- One of the Nurses will take you back up to TYA Day Care where more observations will be taken.
- They will apply one or two small dressings to your back. These will be checked in recovery and before discharge. If you notice any oozing please let us know. The dressings must be kept dry for 24 hours and can then be removed.
- You can eat and drink when you are back in Day Care. We provide sandwiches and snacks but you can also bring your own food (we currently have nowhere to heat up food).
- You need to stay for at least one hour post-procedure.
- The Nurse or Doctor will decide when you are ready for discharge. You will need to have something to eat and drink and pass urine before you go.
- Once you are allowed to go home any cannulas/port needles will be removed.
- Please make sure you have any medications you need before leaving.
- If you have come on your own, someone must collect you to travel home, even if you're taking public transport.

## At home

- Some people find they have some back pain after a BMA. This should be managed using oral analgesia (painkillers). If you're unsure what to take please contact us and we can advise you.
- You can carry on with normal activities once at home but you may feel more tired than usual, so take things slowly.
- After a general anaesthetic it is advised that you should not drink alcohol that day.

The BMA procedure list runs from 13:00 til 17:00. The order of patients seen will be based upon their medical needs, so please bear with us.

**If you feel unwell whilst at home please contact the appropriate urgent out of hours advice line, listed below, or attend your nearest A&E:**

- Adolescent (19 and under) urgent out of hours advice line: **07908468555**
- Adult Haematology urgent out of hours advice line: **07852220900**
- Adult Oncology urgent out of hours advice line: **07947959020**

## Contact details:

TYA Day Care  
Third Floor  
University College Hospital Macmillan Cancer Centre  
Huntley Street  
London  
WC1E 6AG

Telephone: **020 3447 1837**

**If you need a large print, easy read, braille, audio or translated copy of this document, please contact us on 020 3447 1837. We will try our best to meet your needs.**



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