

Bone Marrow Biopsy

Bone marrow is the soft tissue inside your bones where blood cells are made. During a bone marrow biopsy, a small tissue sample is taken and sent for tests. The biopsy is often taken from your hipbone in your lower back.

A bone marrow biopsy is done to:

- Check for blood diseases
- Check for blood or bone cancer
- See how a treatment is working
- Check for infection

Arrive on time for your test. The test takes about 30 minutes. Plan to be here about 1 to 2 hours.

To Prepare

- Before the test, the staff may ask you about:
 - ▶ Your medicines including prescription and over the counter medicines, herbals, vitamins and other supplements
 - ▶ Allergies such as to medicines, foods or latex
 - ▶ Other health conditions and past surgeries
- If you are pregnant, or think you may be pregnant, tell the staff before the test

骨髓生検

骨髓とは、血液細胞が作られている骨の内部のやわらかい細胞です。骨髓生検では小さなサンプル組織を採取し、それを検査します。多くの骨髓生検は、背中下部にある寛骨から採取します。

骨髓生検は以下のような目的で行われます：

- 血液系疾患の検査
- 血液のガンまたは骨肉腫の検査
- 治療の効果の確認
- 感染症の検査

検査時間に遅れないでください。検査のために 1～2 時間ほど時間を空けておいてください。検査には 30 分ほどかかります。

準備

- 以下の事項に関して、職員に尋ねられる場合があります。
 - ▶ 処方薬、市販薬、ハーブ、ビタミン剤、およびその他のサプリメントを含めて現在ご使用のお薬
 - ▶ 薬、食品、またはラテックスに対するアレルギーの有無
 - ▶ 健康上の問題および手術歴
- 妊娠中の方や妊娠していると思われる方は、検査前に職員に申し出てください。

During the Test

- You will wear a hospital gown.
- You may be given a sedative or pain medicine.
- You lie on your side or on your stomach.
- The doctor injects the site with numbing medicine. This may sting.
- When the site is numb, the doctor puts a needle through the skin into the bone. You will feel some pressure and may feel some pain. This often lasts only a few seconds.
- The doctor will remove a small tissue sample and the needle is taken out. A bandage is put on the site.

After the Test

- You will need to lie on your back for 15 to 20 minutes.
- The nurse will check the bandage for any signs of bleeding.
- You may have some bruising or mild discomfort.
- You can remove the bandage the day after your biopsy.
- Test results are sent to your doctor. Your doctor will share the results with you.

検査中

- 病院のガウンを着用していただきます。
- 鎮痛剤を処方する場合があります。
- 体の側面または胃を下にして横になります。
- 医師が患部に麻酔薬を注射します。ちくっとすることがあります。
- 患部に麻酔が効いてきたら、医師が皮膚から骨まで針を刺します。圧力を感じます。また、痛みを伴うこともあります。これはほとんどの場合数秒間でおさまります。
- 医師がサンプル細胞を取り出し、針を抜きます。患部に包帯をします。

検査後

- 上を向いた状態で 15 ～ 20 分間横になります。
- 看護師が包帯を見て出血がないかどうかを確認します。
- 傷が残ることや不快感を感じることもあります。
- 包帯は生検の翌日に外すことができます。
- 検査結果はかかりつけの医師に渡されます。医師から結果の説明を受けます。

Call your doctor right away if you have:

- Pain going down your leg
- Bleeding where the biopsy was taken
- A fever over 100.5 degrees F or 38 degrees C

Talk to your doctor or nurse if you have any questions or concerns.

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以下の症状が現れた場合は直ちに主治医に連絡してください。

- 痛みが脚に広がる
- 穿刺を行った部位の出血
- 38 度（華氏 100.5 度）以上の発熱

質問や不明な事項については、医師または看護師に相談してください。

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