

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.

Dheecaan ka qaadidda Dhuuxa Lafta

Dhuuxa laftu waa unug jilicsan oo gudaha laftaada ku jira halkaasoo unugyada lafta lagu sameeyo. Waqtiga la qaadayo dheecaanka dhuuxa lafta, sambalka yar oo unug ayaa la qaadayaa waxaana loo dirayaa baaritaan. Dheecaanka waxaa badanaa laga qaadaa laftaada sinta ee dhabarka hoostiisa.

Dheecaan ka qaadidda dhuuxa lafta waxaa loo sameeyaa si:

- Loo hubiyo cudurro dhiigga ku jira
- Loo hubiyo kansar dhiigga ama lafaha ku jirta
- Loo fiiriyo sida daaweyntu u shaqaynayso
- Loo hubiyo cudur malaxaysi leh

Waqtiga ku imow marka lagu baarayo. Baaritaanku wuxuu qaadanayaa ilaa 30 daqiiqadood. Qorshee inaad halkan joogayso 1 ilaa 2 saacadood.

Si aad isugu Diyaariso

- Imtixaanka kahor, shaqaalaha ayaa laga yaabaa inay wax kaa weydiiyaan:
 - ▶ Dawooyinkaaga oo ay ku jiraankuwa lagu qoray iyo kuwa aad iskaa u gadato, geedaha, fitamiinada iyo kabayaasha kale
 - ▶ Xasaasiyadda dawooyinka, cuntada ama laytakas
 - ▶ Xaalado kale oo caafimaad ama qalliino hore
- Haddii aad naas nuujiso, uur leedahay ama ay kula tahay in aad uur leedahay, u sheeg shaqaalaha sawiridda ka hor.

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.

Waqtiga Baaridda

- Waxaad xidhan doontaa toobka/qamiiska isbitaalka.
- Waxaa laga yaabaa in lagu siiyo daawo kabuubiso ama daawo xanuun.
- Waxaad u jiifsanaysaa dhinacaaga ama caloosha.
- Dhakhtarku wuxuu meesha kaaga durayaa daawo kabuubiso ah. Waxaa laga yaabaa iney ku xanuujiso.
- Marka meesha ay kabuubyooto, dhakhtarku cirbad ayuu gelinayaa maqaarka ilaa lafta. Waxaad dareemi doontaa xoogaa cadaadis ah waxaana laga yaabaa inaad dareento xoogaa xanuun ah. Tani waxay badanaa ku dhammaataa dhowr ilbiriqsi.
- Dhakhtarku wuxuu soo saari doonaa sambal unug ka dibna cirbadda ayuu kaa soo bixin donaa. Faashad ayaa meesha lagaa saari doonaa.

Baaritaanka ka Dib

- Waxaad u baahan doontaa inaad dhabarka u seexatid ilaa 15 ilaa 20 daqiiqadood.
- Kalkaalisadu waxay hubin doontaa in wax dhiig ah uu ka soo baxayo faashadda.
- Waxaa laga yaabaa in xoogaa nabar ah kugu sameysmo ama lur iska yar.
- Waxaad iska fujin kartaa faashadda maalinta ka danbaysa dheecaan qaadidda.
- Natiijooyinka baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaagu wuxuu kula socodsiin doonaa natiijooyinka.

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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Isla markiiba wac dhakhtarka haddii aad qabto:

- Xanuun hoos u tagaya lugtaada
- Dhiigayso meeshii cad ka yar laga qaaday (biopsy)
- Leedahay xummad/qandho ka badan 100.5 digrii oo F amase 38 C ah

La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaac ah qabtid.

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