

# 骨髓活检

## 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.

### 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.

骨髓是骨骼内生成血细胞的软组织。在骨髓活检期间，会提取一小块组织样本送交检查。活检样本通常取自背部下方的髋骨。

骨髓活检的目的是：

- 检查血液病
- 检查血癌或骨癌
- 考察治疗作用
- 检查感染

**准时前来接受检查。**检查约需30分钟。请计划在此停留约1至2小时。

### 准备事项

- 检查前，医护人员可能会询问您以下情况：
  - 您的药物，包括处方药和非处方药、草药、维生素以及其他补充剂
  - 针对药物、食物或乳胶等的过敏症
  - 其他健康状况和既往手术
- 如果您已怀孕或认为自己可能怀孕，请在检查之前告知医护人员。

### 检查期间

- 会让您换上医院的罩衣。
- 可能会为您提供镇静药或止痛药。
- 您需要侧卧或俯卧。

- 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.

## Call your doctor right away if you have:

- Pain going down your leg
- Bleeding where the biopsy was taken
- A fever over 100.4 degrees F or 38 degrees C

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

- 医生会在活检部位注入麻药。可能有刺痛感。
- 活检部位麻木后，医生会将活检针穿透皮肤插入骨头。您会感觉到些许压力且可能会有疼痛感。这通常仅会持续几秒。
- 医生会切下一小块组织样本，然后取出活检针。活检部位会绑上绷带。

## 检查之后

- 您将需要仰卧15至20分钟。
- 护士将检查绷带是否有任何出血迹象。
- 您可能会有些许淤伤或轻度的不适。
- 您可在活检后的次日拆除绷带。
- 检查结果会发送给您的医生。医生会告知您检查结果。

## 如果出现以下情况，请立即致电医生：

- 沿腿部向下有疼痛感
- 活检部位出血
- 发热超过华氏100.4度或摄氏38度

## 如果有任何疑问或担心，请咨询医生或护士