

# 骨髓切片

## 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.

骨髓是骨頭內的軟組織，是血細胞形成的地方。骨髓切片檢查期間，我們會取走小片組織樣本，送去測試。骨髓多由下背部分髖骨抽取。

骨髓切片檢查能夠：

- 檢查血液疾病
- 檢查血癌或骨癌
- 檢查療程成效
- 檢查感染跡象

**準時抵達進行測試。**測試需時約三十分鐘。全程約需一到兩小時。

### 事前準備

- 測試前，職員可能會問您：
  - 用藥情況，包括處方藥、非處方藥、草藥、維生素和其他補充劑
  - 過敏情況，如藥物、食物或乳膠敏感
  - 其他健康狀況和過往手術紀錄
- 如您現正懷孕，或懷疑自己懷孕，請於測試前告知職員。

### 測試期間

- 您要穿上手術袍。
- 您可能要服用鎮靜劑或止痛藥。
- 您需側躺或俯臥。

- 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

- 醫生會在有關部位注射麻醉藥。可能出現刺痛感。
- 麻醉後，醫生會用針穿過皮膚，刺入骨內。您會感到受壓，亦可能有些疼痛。但一般只會維持數秒。
- 醫生取走小片組織樣本後，就會拔走針頭。再為施術部位綁上繃帶。

## 測試後

- 您需仰躺約十五到二十分鐘。
- 護士會檢查繃帶有沒有出血跡象。
- 可能會出現瘀青或有輕微不適。
- 切片檢查隔天就可拆除繃帶。
- 測試結果會送到醫生手上。醫生會和您分享結果。

## 如有下列情況，請立即致電醫生：

- 腿部往下一直疼
- 施術部位出血
- 體溫高於華氏 100.4 度或攝氏 38 度

若您有任何疑問或擔憂，請諮詢您的醫生或護士