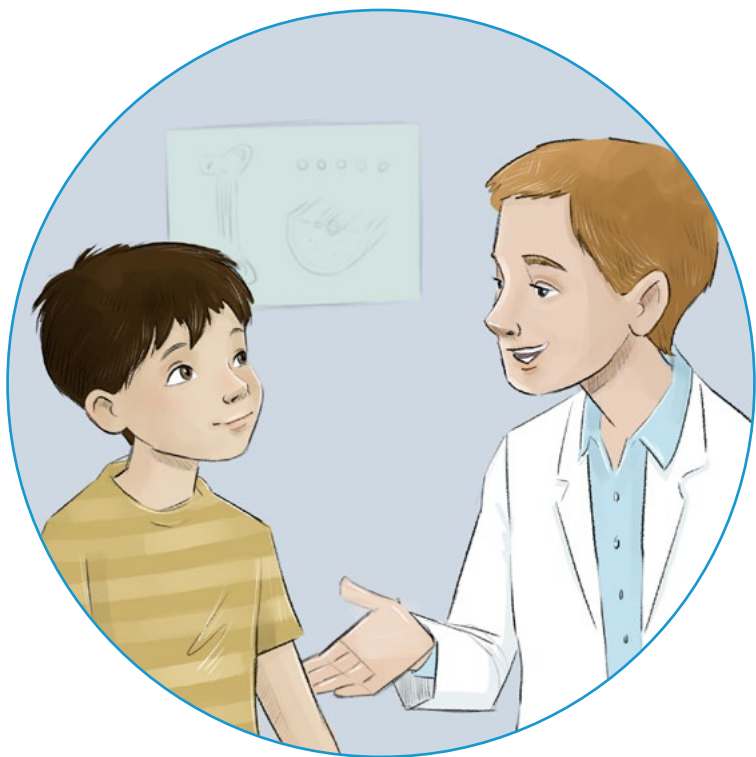


# Getting a Bone Marrow Biopsy

## Series 1

Brought to you by Mercer School of Medicine  
and [AutismToolkit.org](https://www.AutismToolkit.org)





Sometimes doctors need to know how well my bone marrow is working. Bone marrow is the stuff that is inside my bones. To see how well my bone marrow is working, doctors might do a bone marrow biopsy. A biopsy is a special word that means ‘to take a small piece.’

Bone marrow biopsies help doctors understand what is happening so they can help me feel better!



When it's time for a bone marrow biopsy, a nurse or technician will bring us to a special room and the nurse might give me a gown to wear. This is okay. The gown feels comfortable, and my grown-up will stay close by the whole time.



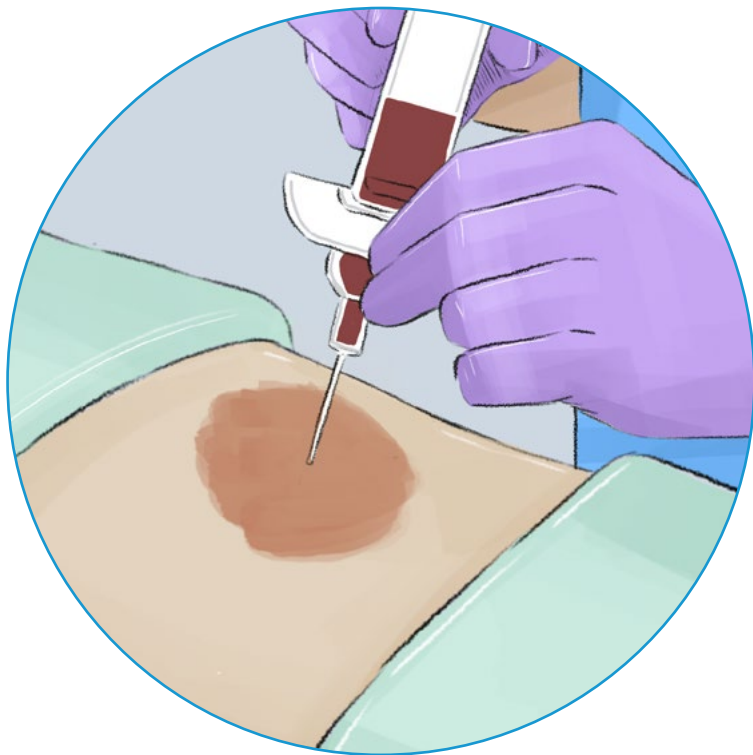
When it is time for the biopsy, the nurse may ask me to lay down on my belly or on my side. They will make sure that I am comfortable. They will ask me to lay in a special position because the biopsy needs to be taken from a small area on my back. I don't feel scared when the doctor goes to this area because I know I am safe.

Sometimes the doctor might give me medication to help me feel relaxed—it might even make me fall asleep. The medication is safe and it will help me stay very still.



To make sure that the area is clean the nurse will clean the area with special soap to make sure that I will not get an infection. Then, special cloths are placed around the spot on my back where the doctor will do the biopsy.

Next, the doctor will give me a shot that has medicine in it. The medicine will keep the biopsy from hurting. This part might feel scary but I can tell the doctor or the nurse how I am feeling. The biopsy does not take very long.



To get the biopsy, the doctor will use a special needle. The needle is special because it is very long and hollow, like a straw! The doctor will quickly put the needle in my back and pull out a little bit of bone marrow.

The team will be right by my side to make sure I feel okay. After the doctor gets the biopsy, they will gently press on my back and put a bandaid on the spot where they took the biopsy.



If I feel nervous, I can take slow breaths. I can tell the nurse or my grown-up how I'm feeling. I can also ask the doctor to tell me what is happening. It is okay to ask questions. It is okay to ask for a break.



When the biopsy is done, the doctor will let me put my clothes on and go home.

It is important to take care of myself after the biopsy. My grown up will help me keep the spot where I got the biopsy clean and I should rest as much as possible for the next 24 hours (1 day). I could take a lot of naps. I could lay on the couch and play video games. I could have my grown-ups read to me. The important part is not playing rough or running around.



Biopsies are important tests. After my biopsy, I can be proud of myself because I did something important to take care of my health!



# Autism TOOLKIT

[autismtoolkit.org](https://autismtoolkit.org)

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