

Texas Children's Hospital

Caring for Your Child's Health

Bone Biopsy

Patient must arrive an hour and a half before the procedure to check in at the Radiology waiting area. This is on the first floor, in the **West Tower at Main Campus** or second floor at **West Campus**. Call 832-824-5565 (Main Campus) or 832-227-1207 (West Campus) with any questions. Call our scheduling department at the numbers above if you need to reschedule your appointment.

Your child will remain in the IR Procedures Suite for a minimum of one hour. Children having a biopsy will need medicine to make them drowsy. Prepare your child by following the guidelines for eating and drinking.

Procedure: A bone biopsy is an image-guided procedure in which a small sample of a bone is removed from the body and examined under a microscope. Your child may need to have a bone biopsy done for several reasons. Bone biopsies may be used to confirm the diagnosis of a bone disorder, investigate an abnormality, determine the cause of pain or infection, or distinguish bone tumor from other conditions.

Getting ready for the procedure

Guidelines for eating and drinking

Up until eight eight hours before the procedure, your child may have these items: Any type of food

Up to six six hours before the procedure, your child may have these items:

- A light meal
- Milk-skim milk only
- Infant formula
- Clear liquids

A light meal generally consists of toast or plain crackers and fruit juice, without the pulp. Clear liquids include water, oral electrolyte solution, apple juice, gelatin and carbonated lemon and lime beverages. Please do not

give your child any drinks that contain caffeine, such as cola drinks.

Up until four four hours before the procedure, your child may have these items:

- Breast milk
- Clear liquids

Up until two two hours before the procedure, your child may have these items:

- Water or Pedialyte
- Apple Juice
- Gatorade

All children having this procedure receive medicine by IV to make them drowsy during the procedure. This medicine is called a sedative or general anesthesia. If your child has had a problem with a sedative in the past, talk with the nurse. The doctor may be able to give your child a different medicine.

Helpful hints

Let your child choose something to bring. Holding a favorite toy or blanket sometimes helps a young child to sleep. Using an ipod/pad often helps an older child. Please remove any nail polish before coming. It's best to leave other children at home.

Talking with your child

Children are less anxious and cooperate better when they know what to expect. Talk with your child about what he or she will see, hear, and feel before and after the procedure.

Ask your child questions to be sure that he or she understands what you have said. Let your child ask questions. Don't be afraid to answer the questions honestly. Most important, reassure your child that he or she will not be alone.

What your child can expect during procedure

- All children having this test receive medicine by IV to make them drowsy during the procedure. This medicine is called a sedative or general anesthesia. If your child has had a problem with a sedative in the past, talk with the nurse. The doctor may be able to give your child a different medication.
- A staff person from the hospital will call you a few days before the procedure with preparation instructions that will include dietary restriction necessary for sedation or anesthesia. It is very important that you follow all of these instructions, or the procedure may need to be rescheduled.

Before the procedure

- Your child will put on a hospital gown. Wearing underwear during the procedure is okay. The nurse will weigh your child and take his or her blood pressure and temperature. Heart monitor patches are applied to his or her chest. A pulse oximeter will be taped onto your child's finger. The pulse oximeter looks a lot like a band aid. It uses a red light to check how well your child is breathing. It is painless.
- The nurse starts an IV for the sedative medicine. After the interventional radiologist explains what will happen, you will sign a consent for the procedure.

During the procedure

When the doctor gives the medicine to make your child drowsy, the nurse will escort you to the waiting room. When your child has a bone marrow biopsy procedure, he will be positioned so that the physician can access the right spot for the test. Next, the doctor will put on gloves and clean the site with a germ-killing soap. Local anesthesia may be used prior to the physician inserting the needle and obtaining a sample.

After the procedure

- Afterwards, the doctor will apply a band-aid over where the biopsy was done.
- Your child will be transferred to the recovery room where you may join him or her. A nurse will watch your child closely and check the area for possible bleeding.

- Once your child is awake, he or she may drink clear liquids in the recovery area.
- Activity restriction will depend on the site of the biopsy and will be given to you prior to discharge.

Finding out the results

Staff members will study the bone biopsy sample under a microscope. Some studies take only a day, but others may take several days. You will need to make an appointment with your child's doctor will discuss the results of the bone biopsy procedure with you and what they mean for your child.

Interventional Radiology (IR)

Main Campus

6621 Fannin Street
Houston, TX 77030
West Tower Level 1
832-824-5565
8 a.m. to 4 p.m.
Monday to Friday

West Campus

18200 Katy Freeway
Houston, TX 77094
Second Floor, Suite WB.0215.60
832-827-1207
8 a.m. to 4 p.m.
Monday to Friday

Notes and questions



**Texas Children's
Hospital**

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