

# Needle Biopsy

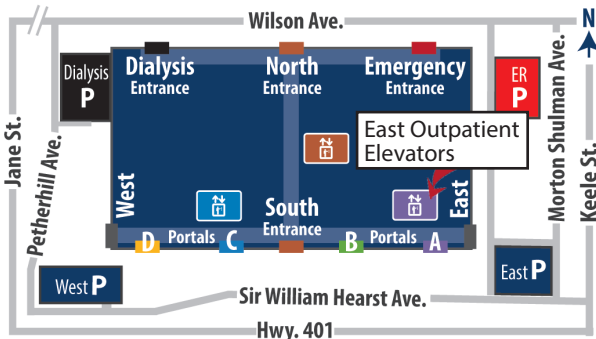
## Appointment Information



You have an appointment for a **needle biopsy**. Please read this handout on how to prepare for your procedure.

**Location:** Medical Imaging  
Humber River Health, 1235 Wilson Ave.,  
Toronto, ON M3M 0B2

Take the East Outpatient Elevators to level 2. Follow the Medical Imaging Registration signs.



**By car (or Wheel-Trans):** Use the East Entrance.

**By TTC:** Use the North Entrance.

### Bring to the hospital:



- Your health card (OHIP) and photo ID.
- All the medicines you are currently taking, including over-the-counter medicines, herbals and supplements, in their original containers.

**Do not** bring jewelry or other valuables.

## What is a needle biopsy?

A **needle biopsy** can identify the cause or reason for an abnormal lump or mass in your body. We may perform this procedure with imaging techniques, such as computed tomography (CT) scan, magnetic resonance imaging (MRI), ultrasound, or fluoroscopy to guide us.

## How do I prepare for the procedure?

### TELL YOUR DOCTOR IF YOU:

- Are currently taking any medicine. If you are on aspirin, anti-inflammatories (NSAIDs), or blood thinners, your doctor may instruct you to stop taking these before your procedure.
- Are pregnant, think you may be pregnant, or are breastfeeding. If you are pregnant, we may cancel your procedure to reduce the risk of radiation to your fetus. It is not yet clear if the dye has any effect on breast milk.
- Have any medical conditions or were recently ill.
- Have any allergies, especially to any medicine or dye containing iodine. If you have allergies, wear your MedicAlert® bracelet on your procedure day.

### THE NIGHT BEFORE YOUR NEEDLE BIOPSY:

- Your doctor may instruct you **not to eat or drink anything after midnight the night before (or for several hours before) your procedure**. If you need sedation during the procedure, your stomach must be empty.

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## THE MORNING OF YOUR NEEDLE BIOPSY:

- You may take your usual medicines, as your doctor has instructed, with a small sip of water.

**Do not take the medicines your doctor told you to hold/stop.**

- Do not wear any jewelry, dental appliances, eyeglasses, hair clips or metal objects that may interfere with the x-ray images.

## What can I expect during the procedure?

You will be awake for the procedure. We may ask you to change into a hospital gown.

### DURING THE BIOPSY:

- We will put an IV line into a vein in your arm or hand to give you fluid and medicine. We may give you sedation through the IV to make you feel calm or sleepy.
- We will numb the biopsy area with local anesthetic so you do not feel pain. You will only feel some pressure during the procedure.
- We insert a small needle into the area and remove a small sample of tissue.

### AT THE END OF THE BIOPSY:

- We will apply pressure to the area for a few minutes to stop any bleeding and then cover the biopsy area with a bandage.
- You will stay in the recovery area for about 4 to 6 hours while we monitor you and manage any pain you may feel.

**You must have someone drive you home and stay with you for the next 24 hours.**



## How do I care for myself at home?

**ACTIVITY:** Rest for the next 24 hours. Do not do any strenuous activity, drive, or use heavy machinery.

After 24 hours, you may resume your regular activities and shower/bathe, unless your doctor tells you otherwise.

**DIET:** Resume your regular diet. Drink plenty of fluids to help flush the dye out of your body.

**MEDICINES:** If your doctor asked you to hold/stop any medicines before your procedure, **do not** restart them until your doctor tells you it is safe to do so.

**RESULTS:** We will send the sample to the lab and a report will be sent back to your doctor within 7 days. Arrange a follow-up visit with your family doctor or specialist for the results of your biopsy.

When your report is ready, you can view it on **myHumberHealth** (<https://myhumberhealth.ca>) or buy an electronic copy from **PocketHealth** (<https://hrh.mypockethealth.com/request>).

Please make sure we have your correct email address at registration.



**Go to the nearest Emergency Department right away if you have:**

- A fever of 38.5°C (101.3°F) or higher
- Tiredness or weakness
- Biopsy site is red or tender.

**Lung biopsy - Go to the ED if you:**

- Are suddenly starting to breathe quickly or find it hard to breathe
- Have pain in your chest or upper back
- Are starting to sweat a lot
- Feel more anxious (worried or stressed).

**Kidney biopsy - Go to the ED if you:**

- Have blood in the urine (pee) for 3 to 5 days after your biopsy.