

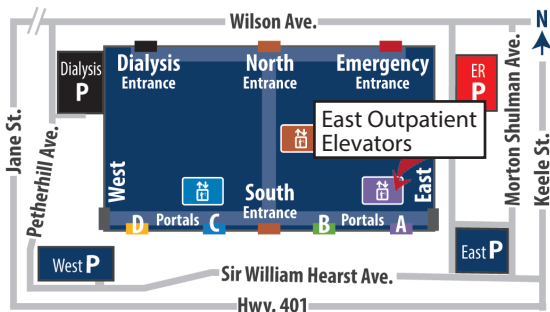
Stereotactic Biopsy

Appointment Information

You have an appointment for a **stereotactic biopsy**. Please read this handout for information on how to prepare for your test.

Location:

Medical Imaging - Breast Health Centre
Humber River Health
1235 Wilson Ave., Toronto, ON M3M 0B2



Enter via Portal A or the East Entrance. Take the East Outpatient Elevators to Level 2. Follow the signs to Breast Health Centre Registration.

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 stereotactic biopsy?

A **stereotactic biopsy** is a procedure to obtain samples of tissue from the breast. A radiologist (x-ray doctor) uses a mammography machine to guide a needle to the area in the breast that they want to sample.

How do I prepare for the procedure?

TELL YOUR DOCTOR IF YOU:

- Are currently taking any medicines.
 - To reduce your risk of bleeding during and after your procedure, your doctor may tell you to stop taking blood thinners, such as Warfarin (Coumadin®) 3 to 7 days before your procedure.
 - Your doctor may also instruct you on other medicines you may be taking.
- Are pregnant, think you may be pregnant, or are breast feeding. If pregnant, we may postpone the procedure to reduce the risk to your fetus.
- Have any allergies, especially to local anesthetic (freezing medicine). If you have allergies, please wear your MedicAlert® bracelet on the day of your visit.

ON THE DAY OF YOUR PROCEDURE:

- Do not put on deodorant, or apply lotion or talcum powder on your breasts.
- Wear comfortable 2-piece clothing.
- You may eat as you normally would.
- If you need support, you may bring someone with you.

Continued on back of page. Please turn over. 

What can I expect during the biopsy?

You will be awake during the procedure.

BEFORE THE PROCEDURE:

- Please remove your clothes from the waist up and change into a hospital gown.
- Remove any jewelry or eyeglasses. Tie your hair back.
- The technologist will bring you to the biopsy room, explain the procedure, and answer any questions you may have.
- Please let the technologist know if you have had any allergic reactions to freezing medicine (xylocaine).

DURING THE PROCEDURE:

- The technologist will position your breast on the mammography machine and take pictures of the area the radiologist wants to biopsy (take a sample from). The technologist may have to reposition you a few times to get you in the best position for the biopsy.
- It is very important that you be very still during the test as even slight movements may result in starting the test all over again.
- Once you are in the correct position, both the radiologist and technologist will review the images and use the computer to identify the biopsy site. You will remain in this position for about 20 to 30 minutes.
- The radiologist will clean the skin, and then will freeze the area with a local anesthetic. You should not feel any pain, only pressure.

- The radiologist will make a small cut (incision) and insert a needle to obtain small tissue samples. Pictures of both your breast and the biopsy sample will be taken. The radiologist will decide if more samples are needed.
- When the radiologist is happy with the tissue sample, we will release your breast from the mammography machine.

AT THE END OF THE PROCEDURE:

- We will place steri-strips (small pieces of tape) and gauze over the small cut.
- We will give you an ice pack to apply to your breast.

What can I expect after the test?

- You may feel some discomfort after the test. We will ask you apply ice for 10 minutes before dressing.
- We will give you an instruction sheet on how to care for yourself at home.
- You should not feel dizzy after the test, but we do recommend you have someone accompany you and drive you home.

If you have any questions before your biopsy, please feel free to contact us at (416) 243-4158. Ask to speak with a mammography technologist.

