

Ultrasound Breast Needle Biopsy

What is an ultrasound breast needle biopsy?

An **ultrasound breast needle biopsy** is a procedure to obtain samples of breast tissue with the help of an ultrasound machine.

A radiologist (doctor) performs the biopsy. The doctor makes a small cut and uses pictures from the ultrasound machine to guide the needle into the breast. We then send the breast tissue to the laboratory for testing.

How do I prepare for the procedure?

TELL YOUR DOCTOR IF YOU:

1. **Are currently taking any medicine.**

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 medicine you may be taking.

2. **Are pregnant, think you may be pregnant, or are breastfeeding.**

Please discuss with your family doctor if your procedure should be postponed.

3. **Have any allergies, especially if you are allergic to local anesthetic (freezing medicine).**

If you do have known allergies, we suggest you wear your MedicAlert® bracelet on the day of your visit.

ON THE DAY OF YOUR BIOPSY:

- You may eat and drink as normal. You do not have to fast before your biopsy.
- Please wear comfortable 2-piece clothing to the hospital.
- **Do not** wear deodorant, lotion, or talcum powder on your breasts.

BRING TO THE HOSPITAL:

- Your health card (OHIP). If you have a red and white OHIP card, please bring photo ID.
- A list of all the medicine you are currently taking, including over-the-counter medicines, herbals and supplements, in their original containers.

Do not bring jewelry or other valuables.

How is the biopsy done?

The radiologist will explain the procedure to you. Please ask any questions that you may have. The procedure takes about 1 hour.

BEFORE THE BIOPSY, WE:

- Will ask you to remove your clothing from the waist up and put on a hospital gown.
- May ask you to remove some jewelry if it interferes with the ultrasound or biopsy.

DURING THE BIOPSY, WE WILL:

- Ask you to lie on an ultrasound bed. You will be awake during the procedure.
- Freeze (numb) the biopsy area with a local anesthetic so you do not feel any pain.

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You should only feel some pressure.

- Insert a small needle into the area and take out several small samples of tissue.

AT THE END OF THE BIOPSY, WE:

- May use thin strips of waterproof tape called steri-strips over the biopsy site to keep the incision closed.
- Will apply a gauze bandage over the biopsy area.
- Will send the sample (tissue) to the laboratory for review.

What can I expect after the procedure?

- You may have some minor discomfort and tenderness that is similar to a bad bruise. Any bruising should clear in 5 to 7 days.
- You may go home about 10 to 15 minutes after the biopsy. You should not feel dizzy after the procedure, but we do recommend you have someone accompany you and drive you home.

How do I care for myself at home?

BIOPSY SITE:

- **For the first 24 hours**, keep the biopsy site clean and dry. Do not bathe or shower.
- You may shower after 24 hours. Gently pat the area dry after your shower.
- You may remove the outer gauze bandage after 48 hours.
- If you have steri-strips (tape), keep them in place for 3 to 5 days or until they fall off.
- If you have any swelling or bruising, you may apply an ice pack to your breast for 15 minutes.

MEDICINES:

- If your doctor asked you to stop taking any medicine such as blood thinners, before your procedure, your doctor will let you know when it is safe to start taking those medicines again.
- If you have pain, you may take regular strength Tylenol® (acetaminophen).

ACTIVITY:

- To help reduce any discomfort, **for the first 24 hours:**
 - » Do not do any vigorous activity.
 - » Wear a bra for support, even to bed.
- Do not go swimming for 5 days.

RETURN TO WORK:

- If your work involves strenuous activity or heavy lifting, do not go to work for at least 2 days. Otherwise, you may return to work the day after the biopsy.

FOLLOW-UP INSTRUCTIONS:



Arrange a follow-up visit with your family doctor or specialist for the results of your biopsy. Biopsy results will be available in 7 business days.



Contact your doctor or go to the nearest Emergency Department right away if you experience any signs of an infection:

- A fever of 38.5°C (101.3°F) or higher
- Redness, swelling, or discharge from the biopsy site.