

# ULTRASOUND GUIDED CORE BIOPSY OF THE BREAST

You are scheduled for an ULTRASOUND -GUIDED CORE BIOPSY of your RIGHT / LEFT/BOTH breast/s. This information card will prepare you for your biopsy. Please read this card before you come in for your biopsy.

Your appointment date is \_\_\_\_\_

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## Before Biopsy :

If you take a blood thinning medicine, you will need to stop taking it before the procedure. Inform the doctor who ordered it that you will be having a biopsy.

If there is any clinical concern regarding the cessation of the anticoagulation, or if further guidance is required then you must speak to your cardiologist or a haematologist.

It is recommended to stop the following 5 days before and for 3 days after biopsy:

- Low molecular weight Heparin by injection
- Warfarin

It is recommended to avoid Aspirin, NSAIDs, Vitamin E and all herbal remedies for atleast 24 hours prior to and after the biopsy.

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## On Day Of Biopsy:

- Shower in the morning of the biopsy.
- Do not apply any moisturizers, lotions, talcum powder the day of the biopsy.
- Eat your regular meals the day of the biopsy. Fasting is not required for the biopsy.
- Bring all prior mammograms, ultrasound breast and or MRI breast studies with you.
- Bring a sports bra or a tight supporting bra to wear after the biopsy.

Inform the nurse, doctor or technologist if you are:

- Allergic to Xylocaine/Lignocaine, adhesive tape and or Latex.
  - Pregnant or breast feeding
  - Have respiratory problems such as coughing, difficulty breathing and or need for oxygen
  - Taking blood thinners (Aspirin, heparin, Plavix, vitamin E etc.) You need to stop taking these medications at least 5 days prior to biopsy.
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## How Will The Breast Biopsy Be Performed?

Once you arrive, you will be given a consent form which you will have to read and sign prior to the biopsy.

The radiologist will first perform a targeted ultrasound locate the area to be biopsied.

An injection will be given to inject local anesthetic at site of biopsy to numb the skin.

A tiny incision(cut) will be made and the biopsy needle will be guided through this cut under ultrasound guidance and multiple samples of tissue will be obtained. The tissue sampled will be then sent for histopathology evaluation.

An MRI-compatible metal marker may be placed at the biopsy site. Your doctor will inform you if this is necessary in your case. A limited mammogram may be done after the biopsy if the marker is placed.

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### After Your Core Biopsy :

- We will place a firm dressing over the biopsy site. Please keep the dressing on for 5 days.
- You may shower the next day. Keep the dressing area dry. Please do not soak the dressing in water until 5days after the biopsy.
- We will provide an ice-pack after the biopsy. Please wear a tight -fitting bra that night.
- Avoid lifting weights or any strenuous activities for 3 days such as housework, sports, exercise or swimming.
- If you have discomfort take Paracetamol / T. Crocin only.
- Avoid: Aspirin, Advil, Ibuprofen, Combiflam, Vitamin E, Herbal medicines for three days after the biopsy.
- You may notice bruising or skin discoloration on your breast or around the biopsy site. This is expected and will slowly go away.

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Please inform the clinic immediately or go to the nearest Emergency Service if you experience the following:

- Fever: Temperature greater than 1000F
- Excessive pain or discomfort
- Signs of infection at the biopsy site such as swelling, skin redness or discharge
- Continuous bleeding from the biopsy site.

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### Obtaining Your Pathology Results:

Your pathology results should be ready in 3 working days. You will be informed once your results are ready. You need to provide is with a telephone number where you can be reached.

If you need to make, reschedule or cancel a biopsy appointment, please call 022-26343119 or 9372433776 .

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