

Quick Tips

- Do not wear deodorant or lotions on the day of your procedure
- Wear a two-piece outfit that is easy to remove
- You will be able to drive or take public transportation after the procedure, but you may still consider bringing someone with you
- If you do not hear from your health care provider with the results of your test within one week, please call your doctor's office

**For more information, call
Harrington's central scheduling line
at 508-765-3020**



HARVARD MEDICAL FACULTY PHYSICIANS
AT BETH ISRAEL DEACONESS MEDICAL CENTER, INC.



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About Your Breast Biopsy

Once a breast lump or abnormality has been detected, your doctor may want to perform a breast biopsy.

What is a **Biopsy**?

A biopsy is simply a needle inserted into the skin of the breast to remove cells or pieces of tissue. Currently, a biopsy is the only way to achieve an accurate diagnosis.

Every year there are approximately 1 million breast biopsies performed; 80% are benign.

There are four types of biopsies that can be performed:

1. Ultrasound-guided fine needle aspiration
2. Ultrasound-guided core biopsy
3. Stereotactic core biopsy
4. MR-guided core biopsy

Your doctor or radiologist will tell you the type of biopsy you need based on the abnormality seen.

Most patients feel little or no pain during the procedure, though they may feel some pressure. Some patients experience bruising, tenderness or discomfort for a few days after the procedure.

A biopsy does not deform the breast and it causes minimal to no scarring. Complications such as hematoma and infection occur in less than 1 in 1,000 cases. Biopsies have been proven to be 95.8% accurate in making a diagnosis.

About the Procedure

The biopsy is performed by the breast imaging staff, including radiologist, nurse and technologist.

The actual biopsy takes less than one hour, but you may spend up to three hours in the radiology department as we prepare for the procedure.

How should I prepare?

You don't need to do anything special to prepare, but we ask patients discuss with the radiologist and your own doctor any blood-thinning medication such as aspirin or Coumadin, as you may need to discontinue them five days before your procedure. Ask your doctor if you have questions regarding your medication.

What happens during the procedure?

After you remove all clothing and jewelry in the area to be examined, the technologist will position you and take some images. A staff member will explain the procedure and ask you to sign a consent form, if you have not already.

The procedure is performed using local anesthesia. You will be awake and able to talk to our staff. You will have to remain still during the procedure.

When you receive the local anesthetic you will feel a slight prick and may experience some tingling or stinging. It is normal to feel some pressure when the biopsy needed is inserted. Depending on the type of procedure, you may hear some "clicks" as the biopsy is obtained.

For some procedures, a metal marker called a "clip" may be placed in your breast. The clip is safe and harmless and does not interfere with security devices or X-rays. Ask your doctor or the staff for more information.



After the procedure

- Use ice and Tylenol for pain. Avoid aspirin and ibuprofen (such as Motrin, Advil, Aleve, etc.) for 48 hours. Check with your doctor if you take aspirin or Coumadin regularly.
- You can shower the following day. Avoid baths and hot tubs.
- Wear and sleep with a soft bra for 24-36 hours.
- You can resume normal activities immediately, but do not lift anything heavy, and avoid strenuous physical activity for at least 24 hours.
- As with any procedure, there is a small possibility that your biopsy may not be performed due to unpredictable technical limitations.

Results will be available in 5-6 business days. The person who referred you for the procedure will share the results with you.