

How do I take care of myself at home?

Biopsy site care

- Remove the bandages the day after your procedure.
- You can shower 24 hours after the procedure.

Activity at home

- Resume taking any regular medications (unless your doctor tells you something different).
- Drink plenty of fluids.
- Resume your regular diet.
- **Do not** do any strenuous exercise or lifting anything over 4.5kg (10lbs) for 24 hours. Resume regular activities after this.
- You might have some minor pain for 1 to 2 days. Take the pain medicine you would usually take for minor aches and pains.

When to get help

Contact your doctor right away if you notice:

- bleeding from or swelling around the biopsy site
- redness, pain, or pus from the biopsy site
- fever above 38.5°C (101°F), aches, chills

Locations

Abbotsford-Regional Hospital 604-851-4866
Medical Imaging, 2nd Floor, Fraser Wing
32900 Marshall Road, Abbotsford

Chilliwack General Hospital 604-795-4122
Medical Imaging, Main Floor, 45600 Menholm Rd,
Chilliwack

Lions Gate Hospital 604-984-5775
Medical Imaging, Lower Level
231 East 15th Street, North Vancouver

Richmond Hospital 604-278-9711
Medical Imaging, Main Floor
7000 Westminster Hwy, Richmond

Royal Columbian Hospital 604-520-4640
Medical Imaging, Columbia Tower
330 E. Columbia Street, New Westminster

St. Paul's Hospital 604-806-8006
Medical Imaging, 2nd Floor, Providence Building
1081 Burrard Street, Vancouver

Surrey Memorial Hospital 604-588-3308
Medical Imaging, 1st Floor, Lower Level
13750 96th Avenue, Surrey

UBC Hospital 604-822-7076
Medical Imaging, Main Floor
2211 Westbrook Mall, Vancouver

Vancouver General Hospital 604-875-4111
GI/GU Department, Jim Pattison Pavilion Ext 68612
Station 4, Ground Floor, 855 West 12th Avenue, Vancouver

HealthLinkBC 8-1-1

Call any time you have any questions or concerns. HealthLinkBC is open 24 hours. Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

www.fraserhealth.ca ♦ www.vch.ca

This information does not replace the advice given to you by your healthcare provider.

August 2019 FH Catalogue #266158
VCH Catalogue #ED.205.S65



Spine Biopsy

Medical Imaging



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What is a spine biopsy?

A spine biopsy is a way of taking a small sample of bone from your spine using a special needle. The sample is examined for infection, cancer, or other bone disorders.

Who will be doing the procedure?

A radiologist does the procedure (a doctor who specializes in image-guided procedures). The radiologist uses fluoroscopy or CT scanning to do the biopsy.

If you have questions about the procedure, you can ask the radiologist before your procedure.

Can I bring a relative or friend?

Yes, a relative or friend can stay with you before and after the procedure. However, for safety reasons, they cannot be in the room with you during the procedure.

You must arrange for a responsible adult to drive or escort you home after this procedure.

What do I need to do to prepare for this?

Our Medical Imaging Department contacts you with specific instructions about how to prepare for this procedure.

Alert - Tell us if you:

- have any allergies
- take any blood thinner medicine
- could be pregnant

What happens before the procedure?

An intravenous is started before the procedure. This allows sedation medications to be given to you. For most people, our anesthesiologist is present during the procedure to give you sedation, or in some cases, a general anesthetic (where you sleep through the procedure). You are monitored both during and after the procedure.

What happens during the procedure?

- You are positioned on your front.
- The radiologist uses fluoroscopy or CT Scan to confirm the location of the biopsy and the safest approach.
- Numbing medicine (similar to dental freezing) is injected into skin.
- The biopsy needle is inserted into your spine. You might feel some pressure as the needle is inserted.
- You hear a clicking sound when the tissue sample is taken. We ask you to stay as still as possible while the biopsies are taken.
- At the end of the procedure, the biopsy needle is removed and pressure is placed over the area to prevent any bleeding.
- A bandage is placed over the area where biopsy was taken.

Will it hurt?

For those who do not have a general anesthetic, you might have some pain or discomfort during the procedure. Numbing medication and pain medication are used to help with this.

How long will it take?

The procedure itself usually takes about 1 hour.

What happens after the procedure?

We move you to a recovery area. You stay here for at least 1 hour (longer if you have a general anesthetic). During this time, we check your blood pressure and pulse as well as the biopsy site for any signs of bleeding.

Are there any risks or complication?

Any time the skin is pierced or cut, there is a risk of infection. Other possible complications include:

- bleeding at the site
- pain at the biopsy site
- injury to surrounding tissues and nerves

When will I get the results?

The radiologist can tell you if they obtained a good sample.

Contact the doctor who ordered this procedure for a **follow-up appointment** to find out results.