

What happens after the biopsy?

The ultrasound technician:

- Puts pressure over the site of the biopsy for a few minutes
- Places a small bandage and an ice pack on your breast
- Explains how to care for your biopsy wound at home

You can drive yourself home or back to work after the biopsy.

How do I care for myself at home?

Your breast will be tender and a little swollen after the biopsy. This is normal and should go away within a few days.

For the **first 24 hours** after the biopsy:

- Wear a supportive bra.
- Place an ice pack over your bra for 15 minutes at a time.
- Take regular acetaminophen (Plain Tylenol or store brand) for pain.
- Take a sponge bath. **Do not** shower or bath.

For **2 days** after the biopsy:

- **Do not** take ASA (Aspirin) or ibuprofen (such as Advil or Motrin). These medicines can cause bleeding.
- **Do not** lift more than five pounds with the arm on the biopsy side. **Do not** do any exercise classes or sports.

When do I need to get help?

Contact the Breast Health Clinic or your family doctor **right away** if you have any of the following:

- bleeding from the cut in your skin
- a large amount of breast swelling
- redness and warmth of the breast
- pain that gets worse or does not go away with pain medicine
- a fever over 38.5°C (101.3°F)

If you cannot get in touch with your doctor or the clinic, go to your nearest Emergency Department.

When do I get the results?

We give you an appointment to return to the Breast Clinic in 7 to 10 days. Your doctor talks with you about your results at that time.

It's good to ask questions

If you have any questions, please call the Breast Health Clinic.

We are here to support you!

www.fraserhealth.ca

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

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To order, visit patienteduc.fraserhealth.ca

Ultrasound Guided Breast Biopsy

Breast Health Clinics

Monday to Friday

Abbotsford Regional Hospital,
Abbotsford 604-851-4806

8:00 a.m. to 3:00 p.m.

Eagle Ridge Hospital, Port Moody
604-469-5149

8:00 a.m. to 4:00 p.m.

Jim Pattison Outpatient Care and
Surgery Centre, Surrey 604-582-4563

8:00 a.m. to 4:00 p.m.

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Why do I need a biopsy?

You need a biopsy if you have a lump or other change in your breast, or if you have a recent mammogram or ultrasound showing a change in your breast tissue. Many tissue changes are harmless, but we want to make sure the change is normal. The only way to be sure your breast is healthy is to remove a small piece of tissue, called a biopsy (sounds like *bye-op-see*).

To locate the spot to biopsy, we use ultrasound machine so the doctor can see where to biopsy. This type of biopsy is called an 'ultrasound guided biopsy'.

When and where is the biopsy done?

The booking clerk calls you in and gives you a date and time for your biopsy that fits your schedule.

Your biopsy is done in our Medical Imaging Department.

How do I prepare for the test?

For one week before your biopsy:

- **Do not** take any medicines or diet supplements that can thin your blood. These include:
 - ibuprofen (such as Advil or Motrin) or regular aspirin (ASA)
 - any herbal medicines or diet supplements such as ginkgo, garlic, fish oil

If you are taking low dose aspirin (81mg.) every day, continue to take it.

If you are taking blood thinners (such as warfarin, plavix, or dabigatran), arrange to see your family doctor as soon as possible so your blood thinner dose can be adjusted safely before your biopsy.

The day of the biopsy:

- Wear a top that is easy to take off and buttons up at the front.
- Wear a comfortable and supportive bra.
- **Do not** wear deodorant, powder, lotion, or perfume.
- Eat or drink as you would normally.
- Bring your BC CareCard (personal health card) and photo identification.
- Arrive 30 minutes early to so you have time to park and register.

What should I expect during the biopsy?

- Plan to be here for 1 to 2 hours.
- You lie on your back on a stretcher. The ultrasound technician helps you get comfortable.
- Using the ultrasound image, the x-ray doctor (radiologist) locates the area to biopsy.
- The radiologist injects medicine to 'freeze' your breast so you do not have pain during the biopsy. This will sting or burn for a few seconds.
- Once frozen, the radiologist makes a small cut in your skin and guides a hollow needle to the breast tissue seen on ultrasound.
- The radiologist inserts a hollow needle into the opening and guides the tip of the needle to the place where the tissue is removed.
- The radiologist takes a few small tissue samples. You hear a 'snapping' sound each time a tissue sample is taken. You must stay very still while the doctor takes the samples.
- The tissue samples are sent to our laboratory to be examined for signs of breast cancer or other conditions.