



PROVIDENCE IMAGING CENTER

SCHEDULING	212-5856
NURSE –SHELLEY/JEAN	212-3607
PRE-REGISTRATION	212-5856
BILLING	565-8001
FILE ROOM (for reports/films)	212-3144

BREAST CYST ASPIRATION INSTRUCTIONS

You have a breast cyst aspiration scheduled at Providence Imaging Center in Anchorage
 breast cyst aspiration with possible breast biopsy at Providence Imaging Center in Anchorage (please also follow the additional instructions on the back of this form).

This aspiration has either been recommended by your health care provider or by the radiologist based on recent mammogram or ultrasound findings. You may have also requested the aspiration due to discomfort from breast cysts.

Your cyst aspiration is scheduled for _____ on _____.

(time)

(date)

(Please check in at PIC's front desk 15 minutes before your appointment time.)

The radiologist for your cyst aspiration is _____.

What is a breast cyst aspiration?

A cyst aspiration with imaging guidance allows the radiologist to remove the fluid from one or more breast cysts.

What to do prior to your cyst aspiration

There are no diet restrictions, eat and drink as usual. Take your usual medications on the day of your appointment. A two-piece outfit will be more comfortable. Please wear a bra.

What to expect during the procedure

Your skin will be cleaned with betadine before the radiologist administers lidocaine, a local anesthetic that will make a small area numb. No incision is necessary for a cyst aspiration. A small needle will be introduced into the cyst and the fluid aspirated into a syringe. Most women experience minimal discomfort with the injection of the local anesthetic, with no additional pain. If you experience continued pain, you should inform the radiologist, who will administer additional anesthetic. If additional cysts are to be aspirated, the procedure will be repeated for each aspiration.

What happens after the procedure

Take a non-aspirin pain reliever like Tylenol, Advil, Motrin, etc., if you experience any discomfort.

Note: You may notice some bruising of the puncture site, which should go away in about a week.

If the "cyst aspiration with possible breast biopsy" box is checked above, please turn this sheet over and follow the additional instructions.

For Patients Whose Procedure May Become An Imaging Guided Breast Biopsy

Aspirin and anticoagulants increase your risk of bleeding and bruising. If you take aspirin, we ask that you stop taking it for seven days prior to your breast cyst aspiration if possible. If you take an anticoagulant such as coumadin, heparin or plavix, you should ask your doctor if you could stop the medication for a few days before your appointment. Herbal substances that affect bleeding, such as Gingko biloba, should be stopped two weeks prior to your breast cyst aspiration.

What to expect during the procedure

The radiologist may take tissue samples, which will be sent to pathology for review. A pathology report will be sent to your healthcare provider three working days after the biopsy. Your healthcare provider will review the results with you.

What happens after the procedure

- Take a non-aspirin pain reliever like Tylenol, Advil, Motrin, etc., if you experience any discomfort. Avoid taking aspirin for about 48 hours.
- The radiologist or technologist will apply pressure to the biopsy area for several minutes to stop any bleeding. Your incision will be closed with a steri strip and a sterile dressing. You will be given a small ice pack to put in your bra for a few hours to help prevent bruising.
- Please avoid heavy lifting for the next three days to further prevent bleeding or extended bruising.

Note: *You may notice some bruising of the biopsy site, which should go away in about a week.*

Questions

If you have questions about the procedure or results, call the Providence Imaging Center nurse, 212-3607.

Providence Imaging Center is an independent diagnostic testing facility with two locations: In Anchorage on the east side of the Providence Hospital campus at 3340 Providence Drive (Entrance 4), and in Eagle River at 17101 Snowmobile Lane.