



PROVIDENCE IMAGING CENTER

SCHEDULING (Yolanda)
NURSE – (Shelley/Jean)

212-5856
212-3607

**For More Biopsy Information Go to
provimaging.com and select “Services”, then “Women’s Services”**

BREAST BIOPSY INSTRUCTIONS

You have a breast biopsy scheduled at Providence Imaging Center. This biopsy has either been recommended by your healthcare provider, or by the radiologist based on your latest mammogram or ultrasound study.

Your biopsy is scheduled for _____ on _____.
(time) (date)

What is an Image-Guided Biopsy?

An image-guided biopsy allows the radiologist to sample the tissue in your breast without surgery. Mammographic or ultrasound guidance is used to find the area. The radiologist will remove samples of breast tissue using a special needle. These tissue samples are sent to the pathologist for diagnosis. A pathology report is sent to your health care provider about **three working days after your biopsy**. Your health care provider will review the results with you.

Three biopsy procedures are done at Providence Imaging Center:

- Stereotactic Biopsy**, you will lie on your stomach on a padded table. Your breast will go through an opening in the table. The radiologist will perform the biopsy from below. It is important that you lie very still during the procedure. Your breast will be compressed just as it was for your mammogram. Mammogram images will be obtained, and a computer will be used to locate the biopsy area.
- Ultrasound Guided Biopsy**, you will lie on your back on a padded table with one arm raised above your head. You will be able to watch the ultrasound screen as the radiologist performs the procedure if you wish.
- Tomosynthesis / 3D Biopsy**, you will lie on your back or on your side or be sitting on the table. Your breast will be compressed just as it is for a mammogram. Mammogram images will be obtained and a computer will be used to locate the biopsy area. It is important that you hold very still during the procedure.

What to do Prior to Your Biopsy

There are no diet restrictions; please eat and drink before procedure. Take your usual medications on the day of your appointment.

If you take daily aspirin, any anticoagulant such as coumadin, heparin or plavix, or plan to take anti-anxiety or prescription pain medication please notify our staff. There may be special instructions for you. **A written informed consent will need to be done prior to taking any anti-anxiety or prescription pain medication. Specific medications such as: Xanax, Valium, Ativan, etc.**

A two piece outfit will be more comfortable. Please wear or bring a supportive bra.

Please advise us if you have any allergies prior to your appointment. Lidocaine is the local anesthetic normally used for ultrasound guided biopsy and lidocaine with epinephrine is normally used for the stereotactic biopsy.

What to Expect During the Procedure

Your skin will be cleaned before the radiologist administers lidocaine, a local anesthetic. This will numb an area about the size of a quarter. A very small incision will be made and several tissue samples will be obtained. The radiologist may or may not add a marker at the biopsy site for future localization purposes.

During the procedure you will be informed about what is occurring. If you experience discomfort, the radiologist can administer more local anesthetic during the procedure.

What Happens After the Procedure

- 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.
- Avoid heavy lifting (greater than 10 pounds) or strenuous upper body movements for the next two days to prevent bleeding or extended bruising.
- Take a non-aspirin pain reliever like Tylenol, Advil, Motrin, etc., if you experience any discomfort. Avoid aspirin for about 48 hours.
- Remove the gauze dressings and shower the morning after your biopsy. Leave the steri strips in place; they should begin to peel off on their own in four to five days.
- Check the biopsy area daily. If you notice excessive pain, bleeding, swelling, drainage, redness, or the area is warm to the touch please call the nurse at PIC. The nurse is available M-F 8 a.m. – 4 p.m.
- You should be able to drive or return to work following your biopsy.

Note: *You may notice some bruising of the biopsy area which should go away in about a week. You may also have a very small amount of bleeding. If bleeding occurs after you leave the Imaging Center, apply continuous direct pressure over the incision site for five minutes and replace the bandages. It is common to feel a small lump after the biopsy. It will slowly reabsorb.*

Results and Follow-up: Your clinician's office should contact you with the results of your biopsy about 3-5 working days after the procedure. A diagnostic mammogram and/or a breast ultrasound may be recommended at six months post biopsy.

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

Additional Websites that are "Providence Imaging Center" approved:

Breastcancer.org
Komen.org
DrSusanLove.org
Hopkinsbreastcenter.org
Cancer.org (American Cancer Society)

Providence Imaging Center (PIC) is an independent diagnostic testing facility located on the east side of the Providence Alaska Medical Center campus. PIC is dedicated to providing clients with high quality imaging exams in a caring, comfortable and convenient environment.