

Activity

Wear a bra after your biopsy to help support the breast. This can also help decrease the risk of bleeding.

- Do not exercise for 24 hours after your biopsy.
- After 24 hours, if you are feeling well, you may go back to your normal routine.

Possible Complications

There is a small risk of infection with any procedure. Please go to your family doctor or call the breast clinic, if your breast:

- becomes very red, warm, swollen and tender
- has yellow, green, or pus-like drainage
- if you feel unwell or have a fever in the 24 hours after your biopsy

There is a small risk of bleeding with any needle procedure. If you have any bleeding from the biopsy site:

- Apply firm direct pressure with a cloth or tissue for 5 minutes.
- Do not check until 5 minutes has passed.

This should stop the bleeding. Repeat if necessary.

If you cannot stop the bleeding with pressure, go to the nearest Emergency Department.

Results

The results of your biopsy will take about 5 to 7 business days to be returned to your doctor at the Providence Health Care Breast Centre.

If the results need to be seen by a group of breast health experts, it can take more time to get your result.

Rarely, a patient is asked to come back for another biopsy of the same area to clarify the diagnosis.

Resources:

Providence Health Care Breast Centre Website (www.msjbreastclinic.com)

The following websites have more detailed information about breast biopsies (search "breast biopsy"):

- Health Link BC (www.healthlinkbc.ca)
- RadiologyInfo.org (www.radiologyinfo.org)



Providence Health Care

Ultrasound -Guided Breast Biopsy



www.providencehealthcare.org

Providence Health Care Breast Centre

What is a breast biopsy?

A breast biopsy is a test that examines an area of the breast where a lump is found, or where changes were seen on mammogram, ultrasound, or other imaging tests.

During the biopsy, we will look at the area with ultrasound, and remove pieces of tissue.

A pathologist (a specialized type of doctor) will be looking at the tissue under a microscope. They will send a report to your doctors to say if there are changes that require treatment.

Before your biopsy:

- Tell the clinic staff if you have any allergies to medicines, especially if you have ever had a reaction to a local anesthetic (“numbing” or “freezing” medication) in the past. The local anesthetic used is the same as would be used in your dentist’s office.
- If English is not your first language, we can book an interpreter for the day of your biopsy appointment.
- Tell the clinic staff if you are taking any medicine that thins your blood. These may include:
 - Aspirin (ASA)
 - Ibuprofen (Advil)
 - Coumadin (Warfarin)
 - Dabigatran (Pradax)
 - Daltaparin (Fragmin)
 - Other medicines that lessen swelling, called non-steroidal anti-inflammatory (NSAIDS) (Naprosyn)

If you are taking any of these medications, you will be provided with instructions by the clinic.

On the day of your biopsy

Bring a family member or friend to your appointment if that will help to comfort you, or to help with translation if English is not your first language. They can stay with you during the biopsy if you choose.

How the biopsy is done

You will be given local anaesthetic (a medicine to numb or ‘freeze’ the area) to make your biopsy as painless as possible. The medicine will sting when it is first given, but it will numb the area very fast. Most people do not have pain once the area is numb. You will still feel pressure in your breast.

There are two ways to do a breast biopsy - on the day of your biopsy, your doctor will decide which way is right for you.

- 1) Fine needle aspiration: a small needle is used to take fluid or tiny cells from the breast.
- 2) Core biopsy: your doctor will use a device to take small pieces of tissue from your breast.

Several samples will be taken.

After your biopsy

Site Care

A band aid will be put on the site where your biopsy was taken.

- Keep the site covered for 3 days.
- Do not soak underwater in a bath tub, swimming pool, or other water for 3 days.
- You may shower. Replace the band aid after your shower.
- Keep the skin clean and dry.
- You do not need to put any ointment or antiseptic on the site.

Managing Pain

The numbing medicine will stop working about one hour after the biopsy, but may last longer in some people.

- It is normal to have some tenderness and bruising in the area where the biopsy was done.
- Put an ice pack on your breast to help with this.
- Wrap the ice pack in a soft cloth. Put it on for 5 minutes, then take it off for 10 minutes, and repeat if it is helpful for you.
- If you need to take a pain medicine, take Acetaminophen (Tylenol).
- Avoid medicine that can thin your blood such as aspirin (ASA) or ibuprofen (Advil).