

Is the Procedure Painful?

Everyone has a different pain threshold, but most women consider the pain experienced with a needle breast biopsy to be minimal. A local anesthetic will be used to numb the breast that will minimize the pain you feel.

Care After the Biopsy Procedure

Most women feel fine after a needle biopsy and are able to resume normal activity the day after the procedure is performed. We recommend that you carefully read and follow these instructions:

- To reduce bruising or swelling, we will give you an ice pack to place on the puncture site. Wear a bra and alternate the ice pack on/off for the next 6-8 hours.
- Do not remove the outer dressing for 24 hours. Leave Steri-strips in place until they fall off (about 5-7 days).
- Avoid getting puncture site wet for 24 hours.
- If you experience discomfort, you may take an over-the-counter pain reliever such as Tylenol™.
- Do not take aspirin or aspirin products for 24 hours.
- Do not participate in strenuous activities for at least 24 hours.
- For other questions, refer to the Discharge Instructions given to you on the day of your procedure.

Obtaining Your Biopsy Results

It is necessary to prepare and process the tissue sample before the pathologist can make a final diagnosis. To obtain your results, you will be contacted directly by the Women's Imaging Center or Radiologist and/or by your doctor as soon as your biopsy results are available.

Appointment Information

The radiologist who interpreted your mammogram recommends that you have the following biopsy:

- Ultrasound-guided needle breast biopsy
- Stereotactic-guided needle breast biopsy
- MRI-guided breast biopsy

Your scheduled appointment is:

Day _____

Time _____

Location _____



BHS Crossroads Campus
129 Oneida Valley Road, Suite 210
Butler, PA 16001
724-284-4850

ButlerHealthSystem.org



A Patient's Guide Breast Biopsy



What is Nonsurgical Breast Biopsy?

A nonsurgical breast biopsy is a term used to describe various techniques that do not require surgery to obtain samples of cells or tissue from the breast. There are a variety of nonsurgical biopsy techniques available today. These techniques are used to accurately diagnose breast disease and are less traumatic than surgery.

A nonsurgical breast biopsy requires sophisticated equipment to precisely locate and remove a small sample of tissue. This procedure is performed by a radiologist, a doctor specially trained in imaging techniques. Once the tissue sample is obtained, it is examined using a microscope by a pathologist. The tissue sample must first be prepared and processed before a final diagnosis can be made.

There has been much recent advancement in the diagnosis of breast disease without surgery. New equipment is now available to accurately obtain a sample of tissue from a tiny area in the breast. Also, new needle devices make it possible to obtain larger tissue samples which enables the pathologist to make an accurate diagnosis. A nonsurgical breast biopsy costs less than surgical biopsies, does not require general anesthesia and does not leave scars. It has become a common procedure used to diagnose breast disease.



Ultrasound-Guided Breast Biopsy

Ultrasound, also called sonography, uses high frequency sound waves to visualize structures in the body. The sound waves used in ultrasound imaging have a pitch higher than human beings can hear. An ultrasound probe sends out sound waves and receives them as they are reflected off structures in the body. The returning sound waves are converted by the machine into a picture that is viewed on a television screen.

Ultrasound is frequently used to image a breast mass and guide the position of a needle to obtain a tissue sample. This tissue sample may consist of fluid, as is obtained in aspirations or small fragments of tissue, as is obtained in core biopsies.

Stereotactic-Guided Breast Biopsy

A stereotactic breast biopsy is performed using special computerized x-ray equipment to locate an area that can be seen on a mammogram. This technique is frequently used to sample microcalcifications (small deposits of calcium) that can be visualized on a mammogram. Sometimes, masses are better seen mammographically and can be biopsied with this procedure.

The breast to be biopsied is placed in compression much like a mammogram. Special angled mammogram views are taken to confirm the location of the area that is to be sampled. These pictures are called stereo images—which is why the procedure is called “stereotactic” breast biopsy.

The images are analyzed using the equipment’s computer that calculates measurements to accurately position the tissue sampling device into the lesion. Breast tissue samples are then obtained using a special biopsy needle with a cutting edge.

Magnetic Resonance Guided Breast Biopsy

Magnetic resonance imaging (MRI) is another way to image the breasts. It uses a powerful magnet, radio waves and a computer to produce detailed pictures. The patient receives special intravenous contrast (Gadolinium) and areas of abnormal tissue “enhance” or show brightness on these images. Biopsies are performed with MR guidance when a suspicious abnormality is detected with MRI and there is no corresponding mammographic or ultrasound abnormality.

The way the breast is biopsied is very similar to ultrasound and stereotactic biopsies. A needle device cuts small pieces of tissue in the abnormal area of enhancement.

Preparing for the Biopsy Procedure

If you are taking daily dosages of aspirin or aspirin-containing products, you must discontinue the medication for at least seven days before your biopsy can be performed. Other blood-thinning medications must also be held for varying lengths of time. **It is imperative that you contact your personal physician to determine if you are safely able to discontinue these medications in preparation for your biopsy.**

The radiologist has sent a report to your physician with a recommendation that you undergo a needle breast biopsy procedure. It is important for you to contact your PCP directly to ensure that you have a physician's order and authorization from your insurance company for the procedure, if necessary. If you have sensitive breasts, you may take Tylenol™ one hour before the procedure to make you more comfortable.

We recommend that you bring an athletic support bra with you to wear after the procedure to minimize breast motion and discomfort.