

# Breast Biopsy & Aspiration

Early detection is key.



## *What You Should Know*

Your doctor has recommended that you have a breast biopsy or aspiration using ultrasound to collect a small sample of tissue that will be sent to pathology for testing and diagnosis. This outpatient procedure requires minimal preparation and recovery time. You can be confident that your biopsy or aspiration will provide quality results to ensure the most accurate diagnosis possible.

## *What You Can Expect*

Your biopsy or aspiration will be performed in an outpatient setting. The entire procedure takes place in five steps:

1. Numbing of the breast with medicine
2. Imaging the breast to identify the biopsy or aspiration area
3. Inserting a small needle into your breast to retrieve the tissue samples
4. Remove the small amount of tissue
5. Placing a small marker to identify the biopsy or aspiration site

You will have a gel applied to the procedure site for the ultrasound.

## *Before Your Biopsy or Aspiration*

There is no special preparation required in advance for your biopsy or aspiration procedure. You may want to wear loose clothing for comfort. You may eat or drink what you normally do and perform your typical daily activities before arriving for your breast biopsy or aspiration.

You should inform your doctor in advance of any medications you are currently taking whether prescription or over-the-counter. This includes aspirin, ibuprofen, blood thinners such as Coumadin, natural herbs, Vitamin E and other vitamins. Your doctor may advise you that some of these medications must be temporarily stopped several days prior to your biopsy or aspiration.

## *Day of Biopsy or Aspiration*

1. Eat a light breakfast or lunch prior to the examination, limiting fluids.
2. Wash your breasts and underarms thoroughly. Do not use powder, lotion or deodorant.
3. To simplify undressing and dressing, wear loose-fitting clothes with a separate top and bottom.
4. Wear a tight brassiere, such as a sports bra, which will be used later to support your bandages.
5. Arrive on time for your appointment. Patients arriving more than 15 minutes late must be rescheduled for another day.

## *During Your Biopsy or Aspiration*

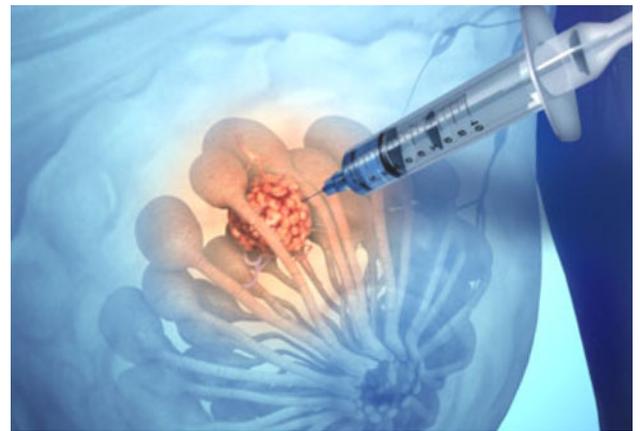
After you have been properly positioned for your biopsy or aspiration, your breast will be imaged and the area of concern located. Your skin will be cleansed with antiseptic and numbed. Sometimes, a very small skin nick is made to help the biopsy or aspiration needle enter the breast with ease. You may feel some pressure, but most women report no pain.

The biopsy procedure will take a very short time. Multiple tissue samples will be collected. A final set of images may be taken and your physician may place a small marker at the biopsy site for future reference to identify the exact location of the biopsy. The marker is made of titanium and poses no health or safety risk.

You will not be able to feel or notice the marker after placement.

After Your Procedure Pressure will be applied to your breast for a few minutes. A small bandage will be placed over the skin nick and you may be provided with an ice pack to apply over the biopsy site. In some instances, a compression wrap bandage may be placed around your chest to minimize chances of swelling or bruising.

Your doctor may prescribe a non-aspirin pain reliever to help alleviate any possible discomfort and detailed instructions will be provided. Most women can resume normal daily activities immediately following their procedure. Your doctor will contact you after receiving your biopsy results and then instruct you on any follow-up care that may be necessary.



## After Your Biopsy or Aspiration

- Keep your procedure site covered with a bandage for today.
- Leave the small strips of paper tape (Steri Strips) on your procedure site. If they have not fallen off in 3 days, remove them.
- You may shower 24 hours after your procedure. Clean your procedure site with soap and water, letting the shower water run over your procedure site. Gently pat it dry with a clean towel. You don't need to put another bandage on your procedure site after you shower. However, if there is any drainage from your procedure site, place a clean Band-Aid over it.
- Swelling and bruising are common after a breast biopsy. Applying an ice pack may help. Any bruises and swelling should go away on their own in about a week.
- If you have any bleeding from your biopsy site, apply steady pressure. If the bleeding becomes heavy or doesn't stop, call your doctor.
- Wearing a tight-fitting bra after your biopsy will support your biopsy site, which might make you more comfortable. Your radiologist will give you instructions if you need to wear any special type of bra after your biopsy.
- The ONLY medication that we OK for pain or arthritis in the 3 days after the procedure is acetaminophen (Tylenol). Avoid anti-inflammatory drugs (NSAIDs — Motrin, Advil, Aleve). If you need a stronger pain medication in the 3 days after the biopsy, have it prescribed by your doctor, making sure your doctor knows that it MUST be a drug that does not affect blood clotting. After 3 days, normal drugs may be resumed.
- If you take medications to thin your blood (such as aspirin or other anticoagulants), you can take them after your procedure on the same day, as long as you are not having any significant bleeding. Talk with your doctor if you have any questions.

For 3 days after your biopsy or aspiration, do not:

- Lift anything heavier than 5 pounds.
- Do any strenuous exercises, such as running or jogging.
- Bathe, swim or soak the biopsy site under water.

Call your doctor if:

- Your breast is swelling more than expected.
- You have increased breast tenderness.
- You have bleeding that you are worried about.
- You have any questions.

You should receive your biopsy results within 7 to 10 business days of your procedure.

## Frequently Asked Questions

*Q: How much of the breast tissue or lump will be removed?*

Physicians will only take the necessary amount of tissue samples.

*Q: How long will the biopsy or aspiration take?*

Biopsy and aspiration times vary. Typically, taking a total of 60 minutes from the time you enter the exam room to the time you leave. The actual procedure time is less than one minute.

*Q: Will I have a scar?*

Most women do not experience any permanent scarring.

*Q: Will I experience any pain during the procedure?*

You might feel a slight sting or pinch when the numbing medication is being inserted into the breast. Numbing the breast prior to the biopsy/aspiration causes the rest of the procedure to be pain free.

*Q: What possible side effects should I know about?*

Your breast may be slightly tender and you may experience some mild bruising at the

procedure site; however, most women can resume normal daily activities the same day as the procedure. Consult your physician for post-procedure biopsy and aspiration care.

*Note: The content in this piece is for informational purposes only and is not intended to be medical advice. Please contact your medical professional for specific advice regarding your health and treatment.*

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### Glasgow Imaging

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(302)392-5600 Fax (302)392-5617

### Women's Imaging Center

J24 Omega Dr., Newark(302)  
738-9100 Fax (302) 738-9748

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#### Co-Director

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