



What you need to know before your Breast Ultrasound Guided Biopsy

What is an Ultrasound Guided Biopsy?

An Ultrasound Guided Biopsy is a procedure used to take small samples of breast tissue and/or fluid using a special needle, with the assistance of ultrasound imaging.

There are two types of Ultrasound Guided Biopsies:

- **Fine Needle Aspiration (FNA) biopsy:** takes a small sample of tissue cells and fluid using a thin biopsy needle.
- **Core Needle biopsy:** takes a sample(s) of tissue using a core needle. This procedure requires a small incision in the skin.

Why do I need an Ultrasound Guided Biopsy?

An ultrasound guided biopsy is performed to get more information about an abnormal finding during a physical exam and/or on breast imaging (mammogram, ultrasound, or breast MRI). This added information will help your health care provider determine if further testing or treatment is needed.

How should I prepare for my Ultrasound Guided Biopsy?

- You may want to ask a family member or friend to come with you for your appointment to have someone for support and to take you home (not required).
- Please bring a list of all of your current medications to your appointment
- On the morning of your appointment:
 - Take your regularly prescribed medications unless otherwise instructed
 - Eat and drink normally.
 - You may want to wear a comfortable 2 piece outfit. You will be asked to undress from the waist up and change into a gown for the procedure.
 - Please arrive 30 minutes before your appointment to allow time for registration and changing into a gown.

IMPORTANT: Inform the Diagnostic Imaging department (at the time of registration) and the radiologist/technologist performing the biopsy of any medication allergies you have, particularly any allergies to freezing medications such as lidocaine or xylocaine.

How long will my Ultrasound Guided Biopsy take?

You should plan to be at your appointment for approximately 1 ½ hours. This allows time for registration, changing, and the biopsy procedure. The biopsy will take approximately 30 minutes, of which about 15 minutes is spent taking the tissue samples. This may vary with each individual patient.



What should I expect during my Ultrasound Guided Biopsy?

- You will lie on the examination table and the ultrasound technologist will scan your breast with the ultrasound machine to confirm the area to be biopsied.
- The radiologist will then explain the procedure and potential risks involved, answer any questions, and ask you to sign a consent form to proceed with the biopsy.
- The radiologist will identify the area to be biopsied using the ultrasound machine and mark your skin.
- The skin will be cleaned and prepared for the procedure. You will get an injection to freeze the biopsy area.
 - You may feel some pressure at the site during the biopsy which could be quite uncomfortable. If you feel a lot of pain at any time during the biopsy, let the radiologist or technologist know as they may give you more freezing medication.
- A small incision may be made in the skin if you are having a Core Needle Biopsy performed to allow the biopsy needle to pass through the skin easily.
- Approximately 3-5 samples will be taken during the procedure. Each time a Core Needle Biopsy sample is taken from the site, you will hear a clicking noise as the needle is spring loaded.
- When the procedure is complete, the ultrasound technologist will apply pressure to the biopsy site for a few minutes.
- If an incision was made, Steri-strips[®] (white tapes) may be applied to the incision. If not, a bandage will be applied to the skin.
- An ice pack may be placed on the site for 10 minutes. You will also take this ice pack home for use as it is re-usable.

What should I do after my Ultrasound Guided Biopsy?

It is important to follow the “Post Biopsy Patient Care Instructions” attached.

How long will it take to get the results from my Ultrasound Guided Biopsy?

Your doctor will receive the results within 2 weeks. You will either receive your results at your appointment at the Breast Diagnostic Assessment Unit, or through your family/ordering physician.