



## Instructions for Image Guided Biopsy

There are two types of image guided biopsies performed at the center

- Stereotactic guided biopsy (mammogram)
- Ultrasound guided biopsy

### **The Procedure:**

Breast Biopsies are performed by our breast imaging Radiologists.

The procedure is done with a localized anesthetic. You will be awake during this procedure. After local anesthesia is given, a small incision will be made and tissue samples will be obtained. A tissue marker is placed and is followed by a post-procedure mammogram to see the marker. The tissue will be sent to the pathology laboratory where one of our pathologists will examine it under a microscope. You can expect to receive results in five to seven business days.

The Radiologist will discuss the procedure, risks, benefits and alternatives to the procedure as well as relevant details about your medical history. The procedure will begin after you give consent to the Radiologist to proceed.

Ultrasound guided biopsies are performed with you lying on your back or side while stereotactic biopsies are performed with you sitting up in a chair.

### **Risks of the Procedure:**

During the biopsy procedure, some patients experience mild discomfort. Some patients may experience pain or bleeding at the biopsy site. There is a very small risk of implant rupture if you have one. Following the biopsy there may be discomfort, tenderness, bruising, and bleeding or oozing at the biopsy site; these are usually mild. There is a risk of a post-biopsy infection but it is a rare occurrence.

### **Benefits of the Procedure:**

A definitive diagnosis of the breast abnormality is usually made without risk of general anesthesia and without the scarring of surgery. Occasionally, pathology results will indicate equivocal or high risk results for which surgery may be recommended even though no cancer has been found. If a surgical consultation is recommended, the radiologist can also assist in referring you to a breast surgeon.

### **Location of your procedure:**

Stereotactic and ultrasound guided biopsies are performed at The Blavatnik Family – Chelsea Medical Center located at 325 West 15<sup>th</sup> Street, New York, NY 10011, which is located between 8<sup>th</sup> and 9<sup>th</sup> avenues.

**Preparing for your biopsy:**

- If you take any prescription or blood thinning medications such as Coumadin or Plavix, please inform us and contact your physician to determine if you can stop these prior to the procedure.

Stop taking any of the below 5 days prior to the procedure unless your physician directs otherwise

- Aspirin, Advil, Aleve, Ibuprofen, Motrin
- Percodan
- Vitamin E
- Fish Oil (Omega 3 Fatty Acids)
- Herbal medicines (Gingko Biloba)

*\*If you are unable to discontinue use of above medications due to a medical condition then please alert staff at time of scheduling.*

*All other medications such as blood pressure and diabetes medications should be taken as usual.*

- To simplify dressing, wear a shirt that buttons in the front to your procedure
- Do not wear any powder or deodorant on the day of your appointment
- Wear a supportive bra (sports bra) to your appointment, if you have one
- If you are allergic to local anesthetic medication, latex or iodine, please inform the medical staff before the procedure
- If you have any medical conditions such as bleeding disorders, please inform the breast coordinator, radiologists and radiology staff before the procedure

**For your information:**

- Plan to be at the Blavatnik Center for about 1 to 2 hours
- You may eat before your biopsy. **Do not fast.** You may also eat after the biopsy. There are no specific food restrictions
- You may drive yourself home after the biopsy, as long as you are not taking any anti-anxiety medication
- After the biopsy you should not do any heavy lifting for 24 to 48 hours
- You may shower 24 hours after the procedure – but do not scrub the biopsy site. Refrain from swimming for 2-3 days after the procedure; this helps prevent infection.
- If you experience discomfort after the biopsy, you may take Tylenol. Refrain from using aspirin or non-steroidal anti-inflammatory agents such as Advil or Motrin for 4 days after the procedure

