

Ultrasound-Guided Breast Biopsy

What Is Ultrasound-Guided Breast Biopsy?

A biopsy removes a small amount of tissue from your breast to be checked for cancer or other breast disease. Your doctor may recommend a biopsy after a mammogram shows a suspicious area.

In ultrasound-guided breast biopsy, doctors use ultrasound images to find the suspicious mass. This shows them where to insert a needle and remove tissue for testing.

What Are the Risks of a Biopsy?

The main risks are bleeding and infection. Infection is a very low risk. Most bleeding is minor and happens during and shortly after the biopsy. This usually stops by applying pressure. In some cases, blood collects within the breast, creating a tender lump that looks bruised. This will heal with time like any normal bruise.

How Long Does the Biopsy Take?

Plan on about one hour for a biopsy. The actual biopsy is very fast. However, capturing images and positioning the needle takes some time.

Do I Need to Prepare for the Biopsy?

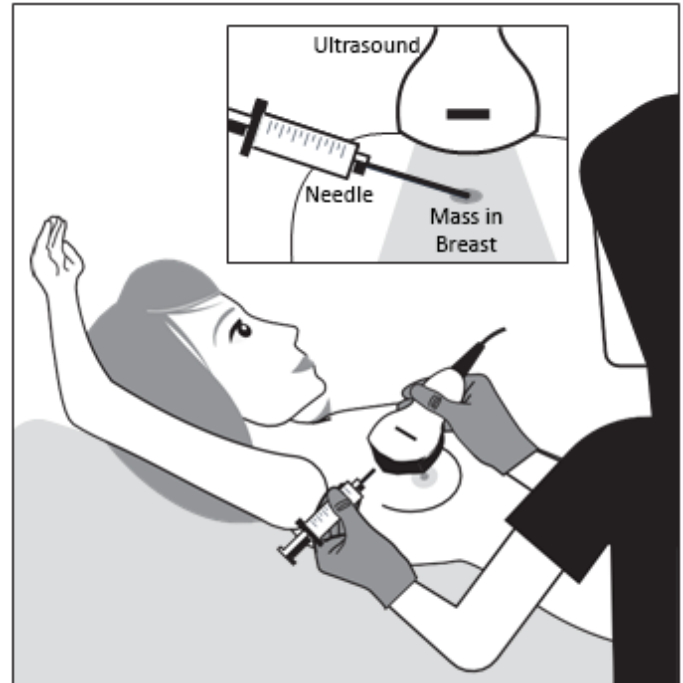
You can eat normally the day of your biopsy. You will be awake during the procedure.

What Happens before the Biopsy?

The doctor who will perform the biopsy, called a radiologist, will visit with you. He or she will talk about the procedure, get your consent, and answer any questions you may have.

What Happens during the Biopsy?

1. You will lie on your back on the biopsy table.
2. The doctor uses an ultrasound machine to find the location for the biopsy.



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3. The doctor cleans the skin on your breast and injects medicine through a needle to numb the area. You may feel a mild sting and burning sensation, but this will quickly go away.
4. The doctor inserts a needle into your breast to remove small tissue samples from the suspicious area. The area is numb, but you may feel mild pressure or vibration.
5. The doctor places a small marker (called a clip) in the biopsy area.
6. An assistant applies pressure to the area to stop any bleeding and reduce bruising, usually for about 5-10 minutes. Next, he or she places a dressing over the wound.

What Happens after the Biopsy?

You will go home with an ice pack, instructions about how to care for your breast over the next few days, and a phone number to call if you have any questions or concerns.

What Is a Clip?

A clip is a tiny piece of titanium, the same material used in implanted joint replacements. It will not hurt. In fact, you will not feel it at all. It won't set off any alarms. There is no harm or risk in leaving it in place.

The clip marks the area that was biopsied for future reference. If the tissue sample removed during the biopsy has abnormal or cancer cells and surgery is needed, the clip shows where the tissue came from. If the tissue sample shows no cancer, the marker remains in your breast to show that the area was biopsied.

When Will I Get the Results?

Results are usually ready in three to five business days.

The tissue samples have to process for the first one to two days. Next, a doctor called a pathologist will look at the tissue samples under a microscope and write a report of findings or diagnosis. This is called a pathology report.

The radiologist who did the biopsy will compare the pathology report to the images from the biopsy to make sure everything matches. Once this is complete, we will call you with the results.

Should I Avoid Any Activities after the Biopsy?

Yes, please follow these guidelines to allow the breast to heal as quickly as possible.

The day of your biopsy

- Avoid any activity that will move or bounce the breast very much, such as jogging or vacuuming.
- Avoid lifting anything heavier than a gallon of milk.
- Do not allow the wound to get wet for 24 hours after the biopsy.
- Follow the instructions you are given to care for the wound dressing. Ask a member of your health care team if you have any questions.
- Take it easy. Most patients take the day off work to rest. You may return to work as long as you avoid heavy lifting and activities that move or bounce the breast.

The day after your biopsy

- Do not scrub the wound area or put any ointment on it.
- You may shower 24 hours after the biopsy. Do not soak your breast in water for at least three days. This allows the wound to close before it is exposed to germs that may be in bath water.
- Return to half of your normal activity, but listen to your body. If you feel discomfort, wait another day or two before resuming normal activity.

Questions

Call the Diagnosis Care Coordinator for Mammography at **801-587-4603**.