



# PROVIDENCE IMAGING CENTER

<b>SCHEDULING</b>	212-5856
<b>NURSE –SHELLEY/SANDI</b>	212-3607
<b>PRE-REGISTRATION</b>	212-5856
<b>BILLING</b>	565-8001
<b>FILE ROOM (for reports/films)</b>	212-3144

**FOR MORE BIOPSY INFORMATION GO TO  
provimaging.com AND SELECT SERVICES**

## **ULTRASOUND GUIDED BREAST BIOPSY INSTRUCTIONS**

You have a breast biopsy scheduled at Providence Imaging Center. This biopsy has either been recommended by your surgeon, or by the radiologist based on your latest mammogram or ultrasound study.

Your biopsy is scheduled for \_\_\_\_\_ on \_\_\_\_\_.  
(time) (date)

Please check in at the appointment desk 15 minutes before your appointment time.

The radiologist for your biopsy is \_\_\_\_\_.

### ***What is an Imaging Guided Biopsy?***

An imaging guided biopsy allows the radiologist to sample the tissue in your breast without surgery. Mammographic or ultrasound guidance is used to find the area. The radiologist will remove samples of breast tissue using a special needle. These tissue samples are sent to the pathologist for diagnosis. A pathology report is sent to your health care provider about **three working days after your biopsy**. Your health care provider will review the results with you.

### ***What to do Prior to Your Biopsy***

There are no diet restrictions; eat and drink as usual. Take your usual medications on the day of your appointment.

Aspirin and anticoagulants increase your risk of bleeding and bruising. If you take aspirin, we ask that you stop taking it for seven days prior to your biopsy. If you take an anticoagulant such as coumadin, heparin or plavix, you should ask your doctor if you can stop the medication for a few days before your appointment. Herbal substances that affect bleeding, such as ginkgo biloba, should be stopped two weeks prior to your biopsy.

**Please advise us if you have any allergies prior to your appointment.**

A two piece outfit will be more comfortable. Please wear or bring a supportive bra.

### ***What to Expect During the Procedure***

Your skin will be cleaned before the radiologist administers lidocaine, a local anesthetic. This will numb an area about the size of a quarter. A very small incision will be made and several tissue samples will be obtained.

During the procedure you will be informed about what is occurring. If you experience discomfort, the radiologist can administer more local anesthetic during the procedure.

Two biopsy procedures are done at PIC. If you are having a:

**Stereotactic Biopsy**, you will lie on your stomach on a padded table. Your breast will go through an opening in the table. The radiologist will perform the biopsy from below. It is important that you lie very still during the procedure. Your breast will be compressed just as it was for your mammogram. Mammogram images will be obtained, and a computer will be used to locate the biopsy area.

**Ultrasound Guided Biopsy**, you will lie on your back on a padded table with one arm raised above your head. You will be able to watch the ultrasound screen as the radiologist performs the procedure if you wish.

### ***What Happens After the Procedure***

- The radiologist or technologist will apply pressure to the biopsy area for several minutes to stop any bleeding. Your incision will be closed with a steri strip and a sterile dressing. You will be given a small ice pack to put in your bra for a few hours to help prevent bruising.
- Please avoid heavy lifting for the next three days to further prevent bleeding or extended bruising.
- Take a non-aspirin pain reliever like Tylenol, Advil, Motrin, etc., if you experience any discomfort. Avoid aspirin for about 48 hours.
- Remove the gauze dressings and shower the morning after your biopsy. Leave the steri strips in place; they should begin to peel off on their own in four to five days.
- Check the biopsy area daily. If you notice excessive pain, bleeding, swelling, drainage, redness, or the area is warm to the touch please call the nurse at PIC.
- You should be able to drive or return to work following your biopsy.

**Note:** *You may notice some bruising of the biopsy area which should go away in about a week. You may also have a very small amount of bleeding. If bleeding occurs after you leave the Imaging Center, apply continuous direct pressure over the incision site for five minutes and replace the bandages.*

**Results and Follow-up:** Your clinician's office should contact you with the results of your biopsy about 3-5 working days after the procedure. A diagnostic mammogram and perhaps a breast ultrasound is recommended at six months and one year post biopsy.

**If you have any questions about your procedure or results, call the nurse at Providence Imaging Center, 212-3607.**