

# Ultrasound guided biopsy/cyst aspiration

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## Pre biopsy instructions:

- Prior to a needle biopsy, you should report to your doctor if you have any allergies, especially to local anesthetic such as lidocaine.
- Arrive 30 minutes early to check in and take care of any co-payments as needed by your insurance company.
- There are no diet restrictions on the date of the biopsy. You may have a light breakfast or a light lunch prior to the procedure.
- If you normally drive, after the procedure you should be able to drive home.
- Do not take any aspirin, non-steroidal anti inflammatory drugs, coumadin or any other blood thinners for 7 days prior to biopsy. If you take Plavix this blood thinning medication would need to be stopped for 10 days prior to biopsy. If any of these medications have been prescribed to you by your doctor, you will need to get that doctor's approval prior to stopping the medications.
- Besides the blood-thinning medication, you should continue with all other scheduled medications including blood pressure, diabetic, cholesterol, thyroid medication, etc.
- Wear a loose top to make room for an ice pack that will be placed over biopsy area after the procedure.

## Ultrasound guided biopsy/Cyst aspiration Procedure:

- You will be positioned lying face up on the examination table or turned slightly to the side.
- The technologist will perform another ultrasound to find the area of concern.
- A local anesthetic will be injected into the breast (lidocaine) – you will feel a slight pin prick from the needle. Notify the staff if you need additional anesthetic.
- The radiologist, constantly monitoring the lesion site with the ultrasound probe, will insert the needle and advance it to the area of concern.
- There are sounds associated with the biopsy device.
- Tissue samples are then removed or fluid withdrawn.
- Once the biopsy is complete, pressure will be applied to stop any bleeding and the opening in the skin is covered with a gauze dressing or band-aid. No sutures are needed.
- You will be awake during your biopsy.

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## Post biopsy instructions:

- Expect written instructions post procedure.
- You may experience some bruising and tenderness after the biopsy.
- The previously discussed blood thinning medications should be avoided 24 hours after procedure to avoid risks for complications.
- You should avoid heavy lifting (10 lbs or over) and strenuous activity for 24 hours after procedure.
- Utilize ice pack over area for several hours (30 minutes on and 30 minutes off). Place ice pack in the freezer when not in use.
- If band-aid was used to cover area, showering is allowed.
- If desired, you may use topical antibiotic at the biopsy site.
- You should receive your biopsy results within 10 days. If you have not received your results within 10 days, please contact your doctor.

## Questions or Concerns:

If you have any questions, concerns or begin to have any serious problems, please contact your physician. You may also contact the Kelsey-Seybold Contact Center, which is available 24 hours a day, at 713-442-0000.