

# Breast Biopsy & Needle Localization

Exam \_\_\_\_\_

Patient Education & Preparation Instructions for

Date \_\_\_\_\_

Stereotactic Biopsy, Ultrasound Core Biopsy and Needle Localization

Time \_\_\_\_\_

## What Determines the Type of Biopsy I Have?

The radiologist has determined you have a suspicious mass that needs to have further analysis to determine whether your lesion is benign or cancerous. The appropriate type of biopsy procedure for you generally is based upon whether the mass was best seen using mammography or ultrasound, as well as its location.

## How Should I Prepare for a Breast Biopsy Procedure?

Although stereotactic and ultrasound guided breast biopsies are minimally invasive, there is a risk of bleeding whenever the skin is penetrated. For this reason, **if you are taking blood thinners (such as warfarin, Coumadin, aspirin, etc.), stop approximately seven days prior to your procedure. Verify with your physician before stopping.**

Since this is an invasive procedure, we recommend you have a supportive person present to drive you home afterward.

To avoid appointment delays, pre-registration is required prior to your date of service. Please see “Special Instructions.” If you need to cancel your appointment, please notify Aspirus Riverview Hospital’s Imaging Services Department as soon as possible.

## What are the Benefits of My Procedure vs. Surgical Removal?

- Compared to open surgical biopsy, the procedures (both stereotactic and ultrasound guided) are completed more quickly, more efficiently and at considerably less cost. In general, the procedures are not painful, and the results are as accurate as surgically removed tissue samples.
- Unlike surgery, the stereotactic and ultrasound guided core breast biopsies enable the surrounding breast tissue to remain relatively undistorted, thus making future mammograms less difficult to read.
- Recovery time is brief, enabling patients to quickly resume their usual activities.

## What is a Stereotactic Breast Biopsy?

This type of biopsy uses x-ray and a hollowcore needle aided with specialized computer guidance to remove several small samples of tissue for microscopic evaluation.

## How is a Stereotactic Breast Biopsy Performed?

The patient is sitting in a specially designed chair. This procedure may be done in a sitting position or with the patient lying on their side. A paddle-shaped instrument firmly compresses the breast during the procedure. While it may be somewhat uncomfortable, it is critical that there be **no** movement of the breast until the compression is released. The skin will then be cleaned with sterile soap, and a local anesthetic will be injected into the breast at the biopsy site. The radiologist will then make a small incision where the hollowcore biopsy needle is advanced with computer guidance into the calculated site of the lesion. Stereo images are then obtained to confirm the needle tip is actually within the lesion. Usually five to ten samples will be collected. A final set of images are obtained. If the lesion is mostly or completely removed, a tiny metal clip will be left in the breast at the site of the lesion for further work up if the tissue is determined to be cancerous.

After the procedure, the wound site is covered with a dressing. No stitches are necessary. Ice and a pressure bandage will be applied to help keep swelling and bleeding to a minimum.

## What will I Experience During the Procedure?

The procedure can take from 60 to 90 minutes. Most women report little or no pain, and no scar is left from the tiny skin incision.

## What is an Ultrasound Guided Core Biopsy?

This type of biopsy uses ultrasound guidance to place a hollowcore needle directly into the mass to remove small cores of tissue samples for microscopic evaluation. *(Ultrasound is a way of imaging your body using high frequency sound waves that are not audible to the human ear.)*

### **How is an Ultrasound Guided Core Biopsy Performed?**

The patient is required to lie on their back, but slightly tipped up on a 45 degree angle sponge so the breast lies flat on the chest wall. The skin will be cleaned with sterile soap, and a local anesthetic will be injected into the breast at the biopsy site. The radiologist will then make a small incision where the biopsy needle is inserted then manually directed under ultrasound guidance to the lesion. A spring-activated biopsy instrument projects the hollowcore needle into the lesion and a small core of tissue is then removed for lab inspection. This procedure is repeated three to six times. an abnormality, if necessary. After the procedure, the wound site is covered with a dressing. No stitches are necessary. Ice and a pressure bandage will be applied to keep the swelling and bleeding to a minimum.

### **What will I Experience During the Procedure?**

The procedure can take from 30 to 60 minutes. Most women report little or no pain once the local anesthetic has been injected. No scar will be left from the tiny skin incision.

### **Who Interprets the Results and How do I Get Them?**

Your biopsy specimens are immediately sent to the laboratory for cytologic analysis. A diagnosis usually takes one to five working days. When your biopsy results are ready, you will be contacted by your ordering physician to discuss the results and what your next step is, depending on whether the lesion was benign or cancerous. If cancer is found, you will be referred to a surgeon or specialist of breast cancer treatments.

### **What is a Breast Needle Localization?**

This procedure uses either x-ray or ultrasound guidance under sterile technique to place a tiny guide wire directly into the breast mass. The decision of which imaging method will be used will again be based upon which technique provided the best visualization of the mass and its location. The patient is then sent to surgery, where the surgeon uses the wire placed into the mass to guide him or her directly to the site. Surgical excision of the lesion and surrounding tissue is then completed. Once the surgeon has removed the mass, it will first be sent back to the imaging department for x-ray analysis to ensure that the entire lesion was successfully removed. Next, the entire tissue sample will be sent to the laboratory for further cytologic analysis. The patient is then sent to recovery and is released the same day of the procedure.

*If you have any additional questions regarding your biopsy procedure or preparation instructions, please contact your physician or Aspirus Riverview Hospital's Imaging Services Department.*

Aspirus Riverview Hospital Imaging Services Department 715-421-7430

### **PRE-REGISTRATION REQUIRED**

**Stop by the Registration Department in Aspirus Riverview Hospital's Lobby Rotunda  
Monday-Thursday 8 am-5:30 pm; Friday 8 am-5 pm; Or call 715-421-7499**

*If you are unable to keep your appointment, please let Aspirus Riverview Hospital's Imaging Services Department know as soon as possible. Should you be admitted to the hospital, please inform your physician about your appointment.*



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