



How to prepare for your ultrasound-guided breast biopsy

Based on the results of your last breast ultrasound or mammogram, your physician has recommended a breast biopsy in order to obtain further information. A biopsy is a procedure in which a small sample of tissue is taken for further examination by the laboratory. There are different types of biopsies; this particular type is an ultrasound-guided core biopsy.

During this procedure, small samples of tissue are removed from the breast using a hollow needle. The needle is precisely guided to the correct location using ultrasound. An ultrasound uses sound waves to take a picture of the inside of the breast and the sound waves create a picture on a video monitor.

Medical Imaging

Scheduling Office:
T: 905-883-1212 ext. 2004



Mackenzie Health
10 Trench Street
Richmond Hill ON L4C 4Z3
T 905-883-1212 F 905-883-0772
mackenziehealth.ca

Prior to the procedure

What you should do:

- Eat a light meal up to two (2) hours prior to the biopsy
- Wear a loose-fitting, two-piece outfit (i.e., sweat suit or slacks and a blouse)
- Bring or wear a comfortable bra

What you should not do:

- Do not use deodorant, talcum powder or bath oil on the day of the biopsy

You will be able to drive yourself home, although some patients may prefer to bring someone with them to drive home. A comfortable waiting area will be provided for your companion.

After the procedure has been explained, you must sign a consent form in order to proceed with the biopsy.

During the procedure

Ultrasound-guided breast biopsy is done while you are lying on your back with your arm raised above your head. Before the biopsy, a special warmed gel is placed on your breast. Then an instrument called a transducer is placed on your breast and slowly moved back and forth to locate the area to be biopsied.

Once the area is identified, the radiologist may use a black marker to place a washable

mark, cleanse it and inject a local anesthetic. When the area is completely numb, a small incision will be made.

Several samples will be taken and sent to the laboratory for review by a pathologist. If the lump is a cyst, the needle will take out fluid. If the lump is solid, the needle will take a sample of tissue. A tissue marker (clip) may then be placed. This clip is not harmful but will stay in the tissue for future reference. A mammogram may be performed afterward to ensure its correct placement. After samples are taken, the needle is removed and pressure is put on the needle site to stop any bleeding. The area is covered with a bandage. During the procedure, you will know what is occurring at each step and will be made as comfortable as possible.

After the procedure

- Manual pressure will be applied to the biopsy site
- The incision will be covered with *Steri-Strip* skin closures (you will not have stitches)
- A bandage and cold compress will be applied to relieve swelling and bruising
- If necessary, take a pain reliever like Tylenol as needed or directed by your physician to help alleviate any discomfort
- Do not shower or take a bath for the first 24 hours after the procedure

For 24 hours, do not participate in strenuous activity and avoid heavy lifting.

You may notice some bruising of the area, which should resolve within 1-2 weeks. If you notice any excessive swelling, bleeding, drainage, redness or heat, please call your physician.

Getting your biopsy results

Waiting for biopsy results is never easy.

It can take up to 7 to 10 business days to get your biopsy results back.

Please follow-up with your physician or the Breast Health Clinic, if the clinic placed the request, for your results.

The results will also be uploaded to your MyChart account at mackenziehealth.ca/mychart.



Mackenzie Health
10 Trench Street
Richmond Hill ON L4C 4Z3
T 905-883-1212 F 905-883-0772
mackenziehealth.ca