

## Pre-Procedure Check List

To help you prepare for the procedure and to avoid a delay, please check off the following items as you complete them.

\_\_\_ Bring all necessary medical history forms with you.

\_\_\_ Bring a list of all over-the-counter and prescription medications you are taking.

\_\_\_ Bring all necessary insurance forms and card with you.

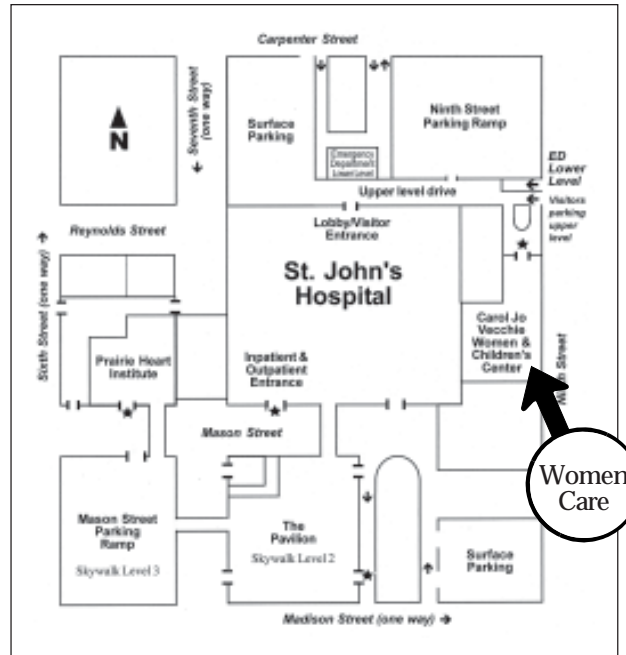
\_\_\_ Wear comfortable clothing, such as a two-piece jogging suit that will be loose and non-restrictive.

\_\_\_ Leave all jewelry and valuables at home.

\_\_\_ Do not use talcum powder or deodorant on the day of your biopsy.

\_\_\_ Check in 30 minutes prior to your scheduled procedure time, unless you are instructed otherwise.

**Women Care services are located in the Carol Jo Vecchie Women & Children's Center.**



## Stereotactic or Ultrasound Breast Biopsy



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Springfield, Illinois

## ***Stereotactic or ultrasound breast biopsy***

Your mammogram or ultrasound showed an area of abnormality in your breast. Based on these results, your physician recommends that an area of your breast be biopsied to obtain further information. This will be accomplished using a special needle to remove small samples of tissue from the abnormal area. A needle biopsy is an alternative to a surgical biopsy or ongoing monitoring with follow-up mammograms.

Here is a guide to help you before, during and after the biopsy procedure.

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### ***Before the biopsy***

#### ***Medication adjustments***

If you take the blood thinner coumadin, tell your doctor so that it can be stopped.

If you take aspirin or NSAIDs (such as Naprosyn, Advil, Ibuprofen, Nuprin or other non-steroidal anti-inflammatory drugs), please discontinue for five days prior to the procedure. Some arthritis medications also may need to be stopped for five days.

#### ***Lab work***

You may need to have a PTT lab test before the biopsy, if you have been on blood-thinning medications. Please check with your physician.

#### ***Pre-registration***

Pre-registration should be completed the day before the procedure. If you have not been contacted by someone from St. John's Pre-registration area 24 hours before the procedure is scheduled, please call (217) 757-6400, ext. 2.

### ***The morning of the biopsy***

#### ***Do's and don'ts***

Follow your physician's instructions regarding taking insulin and other prescribed medicines.

You need not fast before the procedure. You may eat a normal breakfast.

Do not use talcum powder or deodorant.

Wear a comfortable two-piece garment and a bra.

Bring a list of your current medications, the dosages and times you take them.

Plan to arrive at St. John's 30 minutes before the scheduled time of your biopsy.

#### ***Parking***

Free parking is available in the parking ramp located on the corner of 9th and Carpenter Streets. Free valet parking is also available.

#### ***Check in***

Women Care is located directly behind the lobby in the Carol Jo Vecchie Women and Children's Center.

When you check in, you will be asked about your medical history, including any prescription and /or over-the-counter medications you may be taking. You also will be asked about any allergies you have. And you will be asked to sign a consent form.

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### ***The biopsy***

You will change into a hospital gown for the biopsy. You will receive a local anesthetic and should experience only mild discomfort.

If mammography is used for the procedure, it is called a stereotactic biopsy. You will lay on your stomach on a specially designed table. If ultrasound is used, you will be positioned on your back. With either method, small samples of breast tissue are removed following precise placement of a biopsy needle.

The procedure takes about an hour.

### ***After the biopsy***

You may be more comfortable if you arrange for transportation home.

You will probably experience some bruising of the skin at the biopsy site. However the risk of significant bleeding or infection is rare. Use an ice pack over the biopsy site intermittently for the first few hours to help decrease the amount of bruising. The bruising may cause tenderness for a few days. You may take Tylenol for the discomfort. Do not take products containing aspirin or ibuprofen for three days following the procedure.

Do not perform heavy lifting or strenuous activity for the remainder of the day. Routine activity may be resumed the following day, as tolerated.

Remove the bandage when you bathe on the day following the biopsy and replace it with a new one.

If you develop severe pain, swelling, redness, fever or other symptoms, please call the Breast Care Program Facilitator at 757-6400, ext. 3.

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### ***Results***

Please contact your physician's office for the results of your test. Usually, results are available two days following the biopsy. If your physician does not get the results this quickly, please call the Breast Care Program Facilitator at (217) 757-6400, ext. 3.

In 95 percent of patients, a needle biopsy of the breast allows a definitive diagnosis of the abnormality shown on the mammogram or ultrasound. In a small percentage of patients, additional tissue may be required to clearly establish a diagnosis. These statistics are comparable to those of a surgical biopsy.

If the biopsy results are benign (no cancer found), we will schedule a follow-up mammogram or ultrasound in six months to check for any changes in the abnormal area. If the results of the biopsy demonstrate breast cancer, your doctor will discuss the next treatment steps with you.