

What you should know about Breast Biopsy

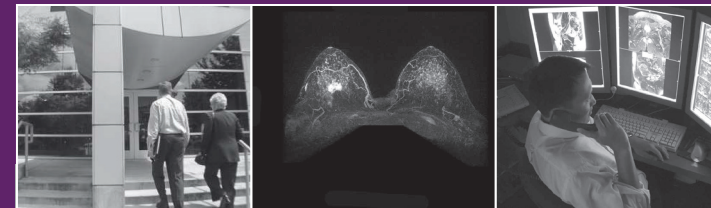
“Vantage Radiology’s mission is to provide our patients with premium healthcare imaging through our dedication to service, subspecialty knowledge, and state of the art imaging technology.”



VALLEY DIAGNOSTIC IMAGING SERVICES

Olympic Building

Olympic Building
400 South 43rd Street
Renton, Washington 98005
425.656.5550 Ph
www.vrads.com



VALLEY DIAGNOSTIC IMAGING SERVICES

Olympic Building

Early detection is key:

Approximately 80% of breast biopsies are benign (not cancer). Early detection through regular mammograms, and supplemental screening modalities for high risk patients, are saving thousands of lives every year.

This center uses the most advanced technology available to aid in the detection and diagnosis of breast cancer.

What you should know:

Your doctor has recommended that you have a breast biopsy to collect a small sample of tissue that will be sent to pathology for testing and diagnosis. This outpatient procedure is easy with minimal preparation and recovery time. You can be confident that your biopsy will provide quality results to ensure the most accurate diagnosis possible.

Your procedure will be performed using magnetic resonance imaging (MRI). For this procedure, an IV will be inserted into your arm so that a contrast agent can be used to see small details in the breast tissue.

What to expect:

Your biopsy will be performed in an outpatient setting. The entire procedure takes place in five easy steps:

1. Imaging the breast to identify the biopsy area.
2. Numbing the breast with local anesthetic.
3. Inserting a small needle into the breast to retrieve tissue samples.
4. Removing a small amount of tissue.
5. Placing a small marker in the breast to identify the biopsy site.

Before your procedure

There is no special preparation required in advance of your biopsy procedure. You may want to wear loose clothing for comfort. While you can eat and drink prior to the biopsy, we ask that you not have anything to eat for 2 hours prior to your appointment. You may perform your typical daily activities before arriving for your breast biopsy.



You should inform your doctor in advance of any medications you are currently taking, whether prescription or over-the-counter. This includes aspirin, ibuprofen, naproxen, blood thinners such as Coumadin, natural herbs, Vitamin E and fish oil. Some of these medications must be temporarily stopped several days prior to your biopsy.

During your procedure

After you have been properly positioned for your biopsy, your breast will be imaged and the area to be biopsied located. Your skin will be cleansed with antiseptic and numbed. Sometimes a very small skin nick is made to help the biopsy needle enter the breast with ease. You may feel some pressure, but most women report no pain.

The biopsy procedure will take a very short time. Multiple tissue samples will be collected. A final set of images may be taken and your physicians may place a marker at the biopsy site for future reference to identify the exact location of the biopsy. The marker is made of titanium and poses no health or safety risk. You will not be able to feel or notice the marker after placement.

After the procedure

Pressure will be applied to your breast for a few minutes. A small bandage will be placed over the skin nick and you may be provided with an ice pack to apply to the biopsy site. In some instances, a compression wrap bandage may be placed around your chest to minimize chances of swelling or bruising.

You will be sent to Valley Breast Center for a post procedure mammogram of the biopsied side to confirm the location of the titanium marker.

Your doctor may prescribe a non-aspirin pain reliever to help alleviate any possible discomfort.

Recommended care following MRI-guided biopsy

Wear a tight fitting bra, sports bra if possible, both day and night for the first 24 hours.

You may remove the dressing after 48 hours. You may bathe or shower regularly as the dressing is waterproof. It is suggested that you do not over expose or submerge the site in water. Do not take aspirin or ibuprofen for 48 hours after the procedure unless advised otherwise by your physician.

Do not participate in strenuous activities or lift more than 10 pounds for 48 hours after the procedure.

Frequently asked questions

Q: How much of the breast tissue or lump will be removed?

A: A physician will only take the necessary amount of tissue samples.

Q: How long will the biopsy take?

A: Biopsy times vary. Typically, taking a total of about 60 minutes from the time you enter the exam room to the time you leave. The actual biopsy time is about one minute.

Q: Will I have a scar?

A: Most women do not experience any permanent scarring.

Q: Will I experience any pain during the procedure?

A: You might feel a slight sting or pinch when the numbing medication is being inserted into the breast. Numbing the breast prior to the biopsy causes the rest of the procedure to be relatively pain free.

Q: What possible side effects should I know about?

A: Your breast may be slightly tender and you may experience some bruising at the biopsy site; however, most women can resume normal daily activities the same day as the procedure.