

Breast Core Biopsy

Patient Information Sheet

A biopsy is a sampling of cells or tissue from a suspicious area. Using ultrasound or mammography, a small needle is inserted to remove a sample of cells. These cells will be examined under a microscope. Pathology results may take approximately 5-7 days.

Preparation

- Approximately one week before your scheduled procedure, speak to your primary care provider about discontinuing any blood-thinning medications you may be taking. All other medications can be taken as prescribed. Aspirin and ibuprofen products, such as Advil or Motrin may be taken.
- Remember to bring a comfortable, supportive bra to wear when going home following your biopsy.

Diet

- You can eat what you normally eat. For a procedure scheduled in the morning it is recommended that you eat a light breakfast. For a procedure scheduled in the afternoon it is recommended that you eat a light lunch.

Procedure

- To begin the procedure, the Sonographer or Medical Radiation Technologist will position you and every effort will be made to ensure you are comfortable.
- The Radiologist will clean your skin and use a tiny needle to inject local anaesthetic. You may feel a slight sting at the injection site. The Radiologist will make a small incision and insert the biopsy needle. You will be asked to remain very still during this time. As the biopsy sample is taken, you will hear a “click”.
- The Radiologist will remove several samples and when this is completed, a clip may be inserted to mark the biopsy site. Pressure will be applied directly to the biopsy site to reduce any swelling. Small bandages will be applied and should not be removed for 5-7 days. A small ice pack should be applied to the breast to reduce any swelling or discomfort you may experience.



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Post Biopsy Care

- Do not lift anything over 10 lbs for 24 hours following the procedure.
- You may shower or bathe the day following the procedure.
- Apply ice to the breast every 20 minutes on and off for 6-8 hours following the procedure to relieve swelling and bruising. An ice pack may be inserted inside your bra.
- **Do not** apply ice directly to the skin
- Wear a supportive bra after your procedure, as it helps to maintain pressure on the biopsy site.
- It is advised that you also sleep in your bra for the first evening as it will help to restrain movement of the breast.
- If needed for pain or discomfort, take Tylenol (acetaminophen) for the next 48 hours. Follow the directions on the label.

What to Watch For

Contact your primary care provider immediately or go to the closest Emergency Department if you experience any of the following:

- Bleeding in the area of the biopsy that does not stop after applying firm pressure for 10 minutes
- Fever more than 100°F (38°C) or chills
- If the biopsy site becomes red, swollen or begins to discharge a greenish/yellow colour

If you experience any of the above changes, call your primary care provider, Telehealth Ontario (1-866-797-0000), or go to your closest Emergency Department. Take this sheet with you.

Please contact the Surgeon's office to book your follow up appointment.

