

INSTRUCTIONS FOR IMAGE-GUIDED BREAST BIOPSY

Dear Patient,

You have been recommended for an image-guided breast biopsy. If you need **to make, reschedule or cancel** a biopsy appointment, please call 650-736-4383. This information packet will help you prepare for your biopsy. Please read this packet before you come in for your biopsy. Your biopsy will be guided by:

- Stereotactic (mammogram) guidance
- Ultrasound guidance
- MRI guidance

Date of your appointment: _____ **Time of your appointment:** _____

Location of your procedure:

1. Stereotactic (mammogram) and ultrasound guided breast core biopsy are done at the Stanford Cancer Center, 875 Blake Wilbur Drive, Stanford, CA 94305. Please register at the Radiology/Lab Reception Desk.
2. MRI guided core biopsy are done at Stanford Hospital, 300 Pasture Drive, Garden Entrance, Ground Level (Basement), Stanford, CA 94305. Please register at the MRI Reception Desk.
3. Parking is available: Self-parking \$6.00 all day, Valet parking \$8.00 all day.

Please read the documents in the following order:

1. If you are having a Stereotactic or Ultrasound Guided Biopsy, please read the *"Image-Guided Breast Biopsy Information Sheet"*.
2. If you have an MRI Guided Breast Core Biopsy, please read the *"MRI Core Biopsy Information Sheet"*.
3. Next read *"Consent Breast Needle Biopsy"*.
4. Next read *"Consent to Operation, Procedure and Administrations of Anesthesia"*. Note this is a general hospital consent form and you will **not** be receiving Moderate (Conscious) Sedation. You will **not** receive blood products. However, we will numb your breast with local anesthesia (usually Lidocaine).

Checklist to Prepare For Your Biopsy:

1. Stop taking blood thinning medication 5 days before your biopsy.
2. Wear a comfortable, two-piece outfit to your appointment.
3. Wear a supportive bra (sports bra) to your appointment.
4. Please come on time. Each biopsy needs the full amount of time to complete the procedure accurately and safely. **If you are more than 15 minutes late we may have to cancel your appointment.** If you are running late for your appointment, please call 650-736-7124.

5 DAYS BEFORE BIOPSY:

1. **Stop** taking medications that increase bleeding, such as:
 - Aspirin, Advil, Aleve, Ibuprofen or Motrin
 - Percodan
 - Vitamin E
 - Fish Oil (Omega-3 fatty acids)
 - Herbal medicines (Gingko Biloba)
2. If you take a blood-thinning medicine such as Coumadin (Warfarin), Plavix, or Lovenox (Heparin injections), please tell your prescribing doctor that you are scheduled for a core biopsy. Please also tell our nurse, Rosalind Benedet, RN, MSN, at 650-721-5419. Your doctor will tell you when you should stop taking your blood thinning medicine **before** your core biopsy. You doctor will also tell you when you should re-start taking your blood thinning medicine after the core biopsy. If you are on Coumadin you **must have a PT/INR drawn the day before your biopsy.** If you had your blood work done (PT/INR) at a laboratory outside of Stanford, please bring the results with you on the day of your biopsy.
3. If you think that you may need anti-anxiety medication, such as Ativan, during the biopsy, please call our nurse, Rosalind Benedet, RN, MSN, at 650-721-5419, as soon as possible.
4. If you think you are allergic to Lidocaine, please notify our nurse, Rosalind Benedet, RN MSN, at 650-721-5419, so we may arrange for alternative medication.

THE DAY OF YOUR BIOPSY:

1. Wash your breast and underarm with soap and water.
2. Do not apply deodorant, powder or lotion to your breast and underarm.
3. Wear or bring a tight-fitting bra, such as a sports bra, to the appointment. This helps support your breast and your biopsy-site dressing following the procedure.
4. Wear a comfortable, two-piece outfit to your appointment.
5. **You may eat a light meal before your appointment.**
6. Plan to be in the department for 3 hours.
7. You may drive yourself home after the biopsy, as long as you are **not** taking anti-anxiety medication.
8. Plan to relax at home after the biopsy. If you must go to work, please speak to our nurse, Rosalind Benedet, RN, MSN, at 650-721-5419, prior to your biopsy.

AFTER YOUR CORE BIOPSY:

1. We will place a transparent, water-tight, dressing over the biopsy site. Please keep the dressing on. Remove the dressing on the **seventh** day.
2. You may shower the next day. Please do not soak the dressing in water until 7 days after the biopsy (i.e., bathing, swimming, hot tubs).
3. We will place an ice pack in your tight-fitting bra. Please keep the ice pack on for an hour.
4. After an hour, apply an ice pack for **10 minutes every hour**, until bedtime on the day of your biopsy. Do not apply the ice pack directly on your skin. You will not be required to place an ice-pack in the days following your biopsy. Please wear a tight-fitting bra that night.
5. Avoid strenuous activities for three days, such as housework, yard work or sports.
6. If you have discomfort, **take Tylenol only**.
7. Avoid: Aspirin, Advil, Aleve, Ibuprofen, Motrin, Percodan, Vitamin E, Fish Oil, Omega-3 fatty acids, and Herbal medicines, including, Gingko Biloba, for three days after your biopsy. After three days, you may go back to your regular medications and supplements.

AFTER YOUR FINE NEEDLE ASPIRATION:

1. A bandage will be placed over the site where the needle was inserted. You may remove the bandage, bathe or shower, and resume normal activity that same night.
2. See the instructions below regarding bleeding, infection, or shortness of breath.

BLEEDING PROBLEMS AND OTHER POSSIBLE COMPLICATIONS:

1. It is normal to have a small amount of fresh blood at your incision site (the size of a quarter).
2. However, if there is a significant amount of fresh blood you will need to apply pressure to the incision site.
 - A. Lie down and apply firm pressure over the incision site for 10 minutes. Please use a clock to time yourself. After 10 minutes, apply an ice pack for an hour. That should stop most cases of bleeding.
 - B. In the rare instance that you cannot stop the bleeding, call Mammography at 650-736-7124, during working hours before 4 pm. During weekends or after hours, please go to the nearest Urgent Care or Emergency Room.
3. Infection is rare. The signs of infection are increasing pain, swelling and redness around the incision. If you think that you have an infection, call Mammography, at 650 736-7124, during working hours before 4 pm. During weekends or after hours, please go to your doctor's office, the nearest Urgent Care, or Emergency Room.
4. Lung collapse is very rare after a breast needle biopsy, and will usually be known while you are in the Mammography Department. However, if after leaving Stanford you develop significant shortness of breath, call 911 and go directly to the nearest Urgent Care or Emergency Room.

OBTAINING YOUR PATHOLOGY RESULTS:

Your pathology results should be ready in **3** working days.

1. Please call your referring doctor for the pathology results: _____
2. If you cannot get in touch with your doctor, please call our nurse, Rosalind Benedet, RN, MSN, at 650-721-5419 for the pathology results.
3. In most cases, if your pathology results are benign (negative for breast cancer), we usually recommend that you return for follow-up imaging at 6, 12, and 24 months after your biopsy. Please consult your doctor for additional post-biopsy follow-up instructions.
4. In some cases, the tissue sampled is not benign. Your referring doctor will advise you as to your next step. Typically, your doctor will refer you to a breast surgeon for a consultation.