

# Ultrasound Guided Core Biopsy

Breast Imaging Department, Radiology.

Your Doctor/member of the breast imaging team have advised you to have an ultrasound guided core biopsy. This leaflet has been written to help you understand what the procedure involves.

## What is an ultrasound guided core biopsy?

Small pieces of tissue are removed (biopsy) with a specialised needle so that the tissue can be examined under the microscope. The ultrasound scanner is used to locate the area that needs to be biopsied, and visualise the biopsy needle taking the samples of tissue.

## What are the benefits of having the procedure?

Your doctor/member of the breast imaging team will discuss the benefits with you prior to undertaking the procedure.

An abnormality has shown on your ultrasound scan and a sample of tissue from this needs to be taken to understand its nature. Ultrasound uses sound waves to produce a detailed picture of the breast and the images can be used to accurately guide the biopsy. No harmful radiation is involved.

## What are the risks of the procedure?

A small amount of bleeding may occur at the biopsy site, and bruising (haematoma) to the breast is common. Sometimes the bruise may make your breast feel lumpy or it may make a lump that you have already felt feel bigger than it did before.

**If you are on any blood thinning medication please contact the Radiology Department straight away.**

Infection at the biopsy site is rare but a possibility.

In some cases a biopsy that has been performed may need to be repeated if the sample that is taken is inadequate. If this is the case then a nurse or doctor will discuss this with you.

A Pneumothorax (punctured lung) is an extremely rare complication of an ultrasound guided core biopsy. It is important to note that using ultrasound to guide the needle to the abnormality during the biopsy enables the needle to be seen throughout the procedure, minimising the risk that the lung will be punctured.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Injury to the armpit (axilla) blood vessels or nerves is also a very rare complication of an ultrasound guided core biopsy of the axilla (armpit).

## What will I need to do before the procedure?

- Please bring with you a list of your medication (we will need to know these before the procedure)
- You will be asked to remove the clothing from the top half of your body, including your bra, and wear a hospital gown. It is easier to wear a skirt or trousers instead of a dress for your appointment
- We must seek your consent for any procedure or treatment beforehand. The specialist undertaking the procedure (or professional trained to take consent) will explain the risks, benefits and alternatives where relevant before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed please do not hesitate to ask for more information.

## How long will I be at the hospital for?

Please expect to be at the hospital for at least 40 minutes.

## What will happen during the procedure?

- You will be taken into the ultrasound room and asked to lie on the couch on your back with your hand behind your head
- The specialist will ask you to open the hospital gown and put some gel onto your skin and using the ultrasound probe find the abnormality that needs to be biopsied
- A local anaesthetic will be given to numb the area around where the tissue needs to be taken from. The specialist will ensure that the area is numb before proceeding
- A tiny cut is made in the skin and then the specialist will use the ultrasound to guide the needle that takes the sample of tissue into the abnormality
- When a sample of tissue is taken you will hear a clicking noise
- Several samples of tissue from the abnormality are taken through the same tiny cut in the skin
- You can choose to stop the procedure at any point during the procedure but this may mean we do not have tissue diagnosis to decide best treatment

## What will happen after the procedure?

- The specialist will apply a small dressing to the site that the biopsy was taken from
- You will then be able to get dressed
- Arrangements will be made as to how you will get the results of the biopsy

## What is the aftercare advice?

Most women feel some discomfort and experience bruising to the breast following the procedure. If your breasts feel tender following the examination please take over the counter painkillers, such as paracetamol as per the instructions on the packet. Avoid products containing aspirin.

It is recommended to avoid heavy lifting for 48 hours following the procedure. Lifting small babies is not a problem usually. The dressing can be removed after 24 hours; you do not need to reapply another dressing. Keep the site clean and dry. Underwired bras can be worn as normal following the biopsy procedure to provide support to the breast.

## Will it be painful?

Some patients experience discomfort or pain when the local anaesthetic is given. The local anaesthetic used works quickly and the area will go numb.

Some patients experience aching and discomfort of the breast following the procedure, once the local anaesthetic wears off.

## Are there any alternatives to an ultrasound guided core biopsy?

The doctor/member of the breast imaging team can discuss alternatives with you if you ask.

## Can I go back to work?

Yes, you can however it is recommended to avoid heavy lifting activities. Carrying small babies, less than a year old, is not considered heavy lifting. In our experience discomfort felt post procedure is minor and does not impact on normal routine activities like driving.

## What follow up should I expect?

Your doctor/member of the breast imaging team will discuss how you will get the results of the biopsy with you.

## What to do if the appointment is not suitable?

We are happy to change your appointment; however please be aware that certain sessions within the week will not be available due to different clinics being supported by Breast Imaging. You can contact us on **01902 695923**. This is a direct line; you will not need to go through switchboard.

If you are unable to attend your appointment please let us know as soon as possible so that the appointment can be given to another patient.

## Whom can I speak to if I want to ask questions before I come for my ultrasound guided core biopsy?

The breast care nurses can be contacted on **01902 695144** during office hours of 08:30 and 16:00. There is a 24 hour answer machine on this line and if the breast care nurses are unavailable then please leave your name and telephone number and someone will return your call as soon as possible.

Alternatively if you would like to speak to a radiographer / sonographer about the procedure then please call **01902 695923** during office hours of 08:30 to 17:00.

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。