

## BREAST BIOPSY

### Prior to Breast Biopsy:

If you are on blood thinner or take aspirin daily, with doctor's guidance you must be off for one week prior to appointment.

### What is Breast Biopsy?

A breast biopsy is a simple surgical procedure to remove a piece of breast tissue for examination. After your Radiologist removes the tissue, another doctor (a pathologist) examines the tissue under a microscope. If changes have occurred, the doctor will determine if they are benign (not cancer) or malignant (cancer). You must sign a consent form before a biopsy is done.

### What to Expect During the Breast Biopsy:

A breast biopsy may be done using local freezing (like at the dentist) in a clinic setting.

### Biopsy with a Local Anesthetic (Freezing):

You will be awake for this biopsy and you may eat, drink, and take most medications.

It is important to tell the Radiologist about the following:

- Any allergies
- Any medications (particularly aspirin products) that you take regularly
- Any blood thinners (Coumadin)
- Any reactions to local freezing
- A history of bleeding disorders

During the procedure you will be lying down until the biopsy is completed (about 30 —45 minutes), Your breast will be cleansed with a cool antiseptic solution. Sterile towels are then placed around your breast. You do not have to keep completely still, but it is important that you do not touch these towels. If you have any questions or feel uncomfortable at any time please tell the technologist or doctor. We want you to be as comfortable as possible during your biopsy. Local anesthetic is injected through a small needle. You may feel some stinging as the freezing goes in. Numbness begins very quickly and will last 1 ½ to 2 hours.

A 5-10 mm skin incision will be made to advance the biopsy needle to the lump to be biopsied. When the doctor is performing the biopsy, you may feel some pressure and pulling. This should not hurt. If you feel anything sharp, it is important to tell the doctor

## AFTER THE BIOPSY

### Care of your breast:

A bra will provide support and can be worn day and night for the first few days unless it causes increased discomfort. Your breast may be bruised and sore. To reduce discomfort and minimize swelling and bruising:

Ice may be applied to the incision (cut) for about 20 minutes at a time in the first 24 hours. Keep the dressing dry by placing the ice in a plastic bag or use a bag of frozen vegetables. After the first 24 hours, heating pad or warm water bottle may be used. Both cold and warmth are not necessary but may be comforting.

### Comfort:

Your breast biopsy may cause some discomfort or mild pain. A pain pill may be prescribed by your doctor Do not drink alcohol or drive while taking these pills. If the doctor does not suggest or prescribe a pain pill, regular or extra-strength Tylenol may be taken. If the medication does not help the pain, contact your doctor.

Avoid taking Aspirin (acetylsalicylic acid) or products containing aspirin as this can increase the chance of bleeding.

### Activity:

No heavy lifting on the day of the biopsy. You can return to your regular activities the same day as long as you do not feel pain or are not doing any strenuous activities. You may move freely, avoid bumping your breast.

**Warning Signs:** Notify your doctor if you notice any of the following:

- Increased blood on your dressing
- Increased swelling of your breast
- Increased temperature, pain, and redness around the incision

**Fever higher than 38 degrees Celsius**

### Special Instructions:

**A.** If you are on blood thinners, please consult your doctor prior to your biopsy if you can stop your blood thinners. If you are able to stop your blood thinner then, please have the blood test done 24 hrs prior to your appointment and the result sent to the Toronto Centre for Medical Imaging one day before the biopsy appointment.

**B.** Keep your incision clean.

**C.** Remove your bandage in a few hours unless you have other instructions from our doctor. You may shower the next day. The steristrips will fall off in a few days.

### Follow Up:

Make an appointment to see your surgeon/doctor in two weeks. Your doctor/surgeon will receive the results 7-10 business days from the date of your biopsy.

## CONSENT TO TREATMENT FOR BREAST BIOPSY

I \_\_\_\_\_ consent to an ultrasound guided breast biopsy

*Printed name of patient / substitute decision maker*

which may include the administration of blood and blood products and anesthetics as necessary for treatment.

I confirm that the risks, side effects, alternative courses of action, material effects and consequences of having or not having the proposed treatment have been discussed with me and that \_\_\_\_\_ has responded to my questions.

*Name of Health Practitioner*

I also consent to such variations and adjustments to the agreed upon treatment as in the opinion of \_\_\_\_\_ are immediately necessary.

*Name of Health Practitioner*

\_\_\_\_\_  
*Printed name of patient / substitute  
decision maker*

\_\_\_\_\_  
*Signature of patient / substitute  
decision maker*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Printed name of witness*

\_\_\_\_\_  
*Signature of witness*

\_\_\_\_\_  
*Date*

I confirm that the above information has been discussed with the patient/substitute decision maker. I have responded to any and all questions about the proposed treatment, alternative courses of action, material effects risks and side effects and consequences of not having the treatment.

\_\_\_\_\_  
*Signature of Health Practitioner proposing treatment*

\_\_\_\_\_  
*Date*

List of Allergies: \_\_\_\_\_

List of Medications: \_\_\_\_\_