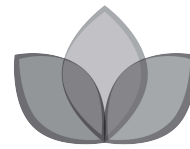


# PATIENT INSTRUCTIONS: STEREOTACTIC BREAST BIOPSY



Women's  
Imaging  
Center

## WHY DO I NEED A STEREOTACTIC BREAST BIOPSY?

An abnormality in the breast has been detected by mammography. Your health care provider wants to determine the significance of the abnormality. The stereotactic breast biopsy allows the radiologist to obtain a tissue sample for pathology to examine without the need for a surgical biopsy.

## WHAT IS AN A STEREOTACTIC BREAST BIOPSY?

Stereotactic breast biopsy (SBB) is used for the diagnosis of mammography detected breast lesions. Precise needle placement is determined by the radiologist using computer-assisted X-Ray techniques.

SBB has several advantages over surgical breast biopsy. It eliminates the need for hospitalization and anesthesia, it is performed in an outpatient setting, and is typically less expensive than the cost of a surgical biopsy. With SBB, there is no external scarring or deformity, and it does not result in residual scar tissue within the breast that may make future mammography interpretations difficult.

SBB is performed by a board certified radiologist who has received additional training in this procedure. A registered radiologic technologist will assist the radiologist. Prior to the biopsy, a technologist will meet with you to discuss the procedure. The radiologist will evaluate your breast imaging findings and an approach will then be selected to allow the best access to the lesion.

**Because SBB is considered a surgical procedure, you will be required to sign an informed consent before the biopsy can be performed. For the medical consent to be legal, you cannot be under the influence of a tranquilizer or anxiety medications.** If you feel that you will need to take these types of medications to proceed with your SBB, we request that you inform our staff prior to arriving at our clinic for your procedure. We will need to obtain a signed informed consent from you prior to taking these kinds of prescription medication(s) before your exam.

## HOW IS THE PROCEDURE PERFORMED?

You will be positioned in a specific manner to allow the radiologist the best access to the breast. Stereoscopic and Tomographic images will be obtained while the breast is compressed. Once the lesion has been localized, your breast will remain compressed for the entirety of the procedure. The breast will be cleaned, local anesthesia is injected, and a small skin incision is made. The radiologist will guide the needle to the lesion and extract the tissue sample(s) needed for pathological interpretation. The sample may be imaged before a small marker is placed to mark the site of the biopsy. After the radiologist is confident an adequate sample has been obtained, compression will be released and the technologist will hold firm compression to stop any bleeding.

Steri-strips will be used to close the skin incision and a bandage will be placed over the site. A post biopsy mammogram will be completed, and the technologist will go over the aftercare instructions with you and will answer any questions you may have.

## WHAT PREPARATION IS NEEDED?

If you take prescription blood thinners, please consult with your primary care provider if you should discontinue these medications prior to your procedure. Do not take Aleve / Naprosyn within 24-hours of your biopsy appointment. All other over-the-counter pain medications can be used as necessary. Take all other medications as prescribed.

It is not necessary to fast before your procedure. A light meal is recommended, no later than 90 minutes before your biopsy. If you are diabetic, please follow your normal dietary routine. Please refrain from any caffeinated beverages four (4) hours prior to your procedure.

## WHAT SHOULD I WEAR?

Plan to wear loose, comfortable clothing. A loose fitting, two-piece garment is recommended. **Please wear a bra.** It is important to support the breast following biopsy.

## HOW LONG WILL IT TAKE?

Plan on approximately 90 minutes.

## WHAT CAN BE EXPECTED AFTER THE EXAM?

You will be asked to refrain from any strenuous physical activities for 48 hours. You will be given a list of instructions to follow before you leave the office.

## WHEN WILL MY DOCTOR RECEIVE THE RESULTS?

**The tissue sample(s) will be sent to the lab. Your health care provider should have the results of your biopsy** within three to four (3-4) working days. Occasionally the pathologist will request a second opinion or consultation and may delay the availability of the results. If there is a delay, your health care provider will be notified by our office. **You will need to schedule an appointment with your health care provider at least three (3) days after having your biopsy. If you have not already made arrangements with your health care provider's office, please plan on doing so today.**

## WHAT WILL MY INSURANCE COVER?

Many insurance companies require pre-authorization for breast biopsy. We recommend you call your insurance company or speak with our billing specialist at (360) 428-7271 for more information. Your insurance company may request the following CPT codes for this exam: 19081 and A4450.