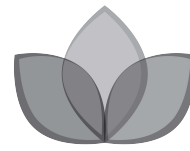


PATIENT INSTRUCTIONS: ULTRASOUND GUIDED BREAST BIOPSY



Women's
Imaging
Center

WHY DO I NEED AN ULTRASOUND GUIDED BREAST BIOPSY?

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

WHAT IS AN ULTRASOUND GUIDED BREAST BIOPSY?

Ultrasound guided breast biopsy (UGBB) is used for the diagnosis of sonographically detected breast lesions. Precise needle placement is determined by the radiologist using ultrasound.

UGBB has a number of advantages over surgical breast biopsy including: eliminating the need for hospitalization and anesthesia, is performed in an outpatient clinic, and is typically less expensive than the cost of a surgical biopsy. With UGBB, there is no external scarring or deformity, and does not result in residual scar tissue within the breast that may make future mammography interpretations difficult.

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

Because UGBB 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 UGBB, we request that you inform our staff prior to arriving at our office 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 resting on your back, positioned with the arm on the biopsy side above your head. Additional positioning may be done to allow the doctor access to the breast. The sonographer will scan your breast to localize the lesion. The radiologist will then come into the room. The area of interest will be cleaned, local anesthesia is injected, and a small skin incision is made. The radiologist then will guide the needle to the lesion and extract the tissue sample(s) needed for pathological interpretation.

When the radiologist is confident an adequate sample has been obtained, a marker will be placed to mark the site of the biopsy. The sonographer will hold a firm compression over the biopsy site to stop any bleeding. Steri-strips will be used to close the incision, and a small bandage will be placed over the area. A post-biopsy mammogram will be performed, and your aftercare instructions will be discussed with you. Before you leave our clinic, we 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. We recommend a light meal no later than 90 minutes before your biopsy. If you are diabetic, please follow your normal dietary routine. Refrain from any caffeinated beverages for 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.**

HOW LONG WILL IT TAKE?

Plan for 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 clinic.

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 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. **If you have not already made arrangements with your health care provider's office to find out if you will need to be seen in their office to receive your results, 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 you can speak with our Billing Specialist at (360) 428-7217 for more information. Your insurance company may request the following CPT codes for this exam: 19083 and A4550.