

Ultrasound-Guided Breast Biopsy Q & A

Your doctor has recommended that you have an ultrasound-guided breast biopsy. This technique is an alternative to surgical biopsy that is less invasive and allows a more rapid recovery.

We hope the information provided here will help you understand what to expect of the procedure. If you have additional questions, please contact your doctor or the Kapi'olani Women's Center at (808) 973-5967.

WHY AN ULTRASOUND-GUIDED BIOPSY?

By now your physician has explained to you that your ultrasound has revealed an abnormality in your breast. In the past, many patients with breast abnormalities underwent surgery to remove "sample" tissue from the site. Since most (about 80 percent) of breast abnormalities are benign and present no health risk, this non-surgical biopsy was developed to offer patients a less invasive alternative.

HOW IS THE TEST PERFORMED?

The biopsy is performed by a physician with help from an ultrasound technologist. Before you arrive, the physician will have studied your ultrasound to become familiar with the location of the abnormality. Here is what you can expect:

- Prior to day of the procedure, you will be contacted to review your medical history and current medications.
- On the day of the procedure, please check in at our front desk.
- You will be escorted to a dressing room and will be asked to undress from the waist up. You will be given a robe to wear.
- Once you are in the procedure room, the technologist will ask you to lie on your back on the examination table while a confirming ultrasound image is taken to ensure that the abnormality is seen.
- You will have an opportunity to talk with the physician who will be performing the procedure.

- The physician will numb the skin with a local anesthetic. This will be done with a very tiny needle.
- The physician will ask you to hold still while a needle is inserted to obtain tissue samples. After several samples have been taken, the physician will remove the needle.
- For future reference, a marker will be placed in your breast at the biopsy site.
- A dressing will be applied to the biopsy site.
- A mammogram, taken with gentle compression, will be performed to confirm the location of the marker.

WILL THE PROCEDURE HURT?

Because the physician uses a local anesthetic, you likely will experience only a small amount of discomfort during the procedure. However, individuals do have different pain thresholds. Some patients report that the procedure feels similar to having an ear pierced or being snapped with a rubber band.

DO I NEED TO PREPARE FOR THE BIOPSY?

During the seven days prior to your procedure and the day of the procedure, do not take aspirin, medications containing aspirin, and any kind of blood thinner (i.e. Vitamin E, Gingko). On the day of the procedure, do not take any prescription medications for pain (i.e. Vicodin) or anxiety (i.e. Valium, Xanax, Ativan) and do not wear any powders, lotions, or scented products. Additionally, we request you avoid alcohol 24 hours prior to your appointment.

(over)

Artesian Plaza
1907 South Beretania Street
Honolulu, Hawai'i 96826
(808) 973-5967
Appointments: (808) 527-2588



WILL I BE ABLE TO RESUME ACTIVITIES RIGHT AWAY?

After your dressing is in place, you may get dressed. Most women feel fine after the procedure and immediately return to their normal routines; however, we recommend that you avoid strenuous exercise or activity for at least 24 hours.

IS SPECIAL CARE REQUIRED AFTER THE BIOPSY?

You will be given instructions for biopsy aftercare. These instructions will be specific to your individual case. You will be contacted by the Kapi'olani Women's Center staff the next business day after the procedure.

WHEN CAN I EXPECT THE BIOPSY RESULTS?

The physician performing the biopsy will send your tissue sample to a pathologist who will look at it under a microscope. The results will be available to your referring physician in approximately one week. In most cases, your physician will contact you to discuss your results.

IS THE COST COVERED BY MY HEALTH INSURANCE?

Check with your health insurance provider to verify your coverage and to see if pre-authorization is required.

WHERE WILL THE PROCEDURE TAKE PLACE?

Your breast biopsy will be performed at the Kapi'olani Women's Center at 1907 South Beretania Street, 5th floor. Parking is free. Enter the parking garage from Artesian Street and park on the 2nd floor—levels are marked as "Guest Parking."

