

You're getting a biopsy... but there's no need to worry

Was a biopsy recommended to you after your mammogram? Your mind is now probably racing wondering what this means and what you can expect. A breast biopsy is an outpatient procedure with minimal preparation and recovery time. During the biopsy, a small tissue sample is collected to be sent to pathology for testing and a diagnosis.



WHAT TO EXPECT

- Images of the breast will be taken to find the area
- The area of the breast will be numbed with local anesthesia
- The physician will use a needle to remove samples of tissue from the area of interest
- A small marker will be placed to mark the biopsy site
- Tissue samples will be sent to the pathologist for a diagnosis

BEFORE YOUR PROCEDURE

No preparation is required for your biopsy procedure. You may eat or drink what you normally do and perform your typical daily activities before arriving for your breast biopsy. Tell the physician if you have any allergies or are currently taking any blood-thinning medications.

DURING YOUR PROCEDURE

The mammographer will position you for your biopsy. Images will be taken with your breast compressed to find the area of interest. Your skin will be cleansed with antiseptic and numbed. Sometimes, a very small skin nick is made to help the biopsy needle enter the breast with ease. You may feel pressure, but it should not be painful.

Multiple tissue samples will be collected. Sometimes, the specimen will need to be imaged. The MAMMOMAT Revelation System from Siemens Healthineers allows the tissue to be imaged on the same mammography/biopsy unit without having to leave the room. The physician will place a marker at the biopsy site for future reference to identify the exact location of the biopsy, then a final set of images will be taken. The marker is made of titanium and poses no health or safety risk.

For more information, please contact:

AFTER YOUR PROCEDURE

Pressure will be applied to your breast for a few minutes. A bandage will be placed over the skin nick and you will be provided with an ice pack to apply over the biopsy site. A light compression mammogram will be done to check the placement of the marker that was placed to identify the site of the biopsy. Most women can resume normal daily activities immediately following their procedure, however it is recommended to limit physical activity on the affected biopsy side. The physician will contact you with the biopsy results and then instruct you on any follow-up care that may be necessary.

FAQS:

Q: If I am getting a biopsy, does that mean I have cancer?

A: Biopsies do not necessarily indicate cancer. The procedure allows the physician to analyze an area of concern closer. In the United States about 80% of women who have biopsies have results that come back benign (not cancer).

Q: How much of the breast tissue will be removed?

A: Physicians will only take the smallest necessary amount of tissue samples.

Q: How long will the biopsy take?

A: Typically, it will take a total of 60-90 minutes from the time you enter the exam room to the time you leave but the actual biopsy time is less than one minute.

Q: Does a biopsy hurt and will I have a scar?

A: The breast will be numbed in the area where the biopsy will take place—you might feel a slight sting or pinch when the numbing medication is being inserted into the breast. You should not have pain after that but may feel pressure. There could be minor discomfort and bruising afterwards. Taking an anti-inflammatory and icing the area will help to mitigate swelling. Most women do not experience permanent scars.