Stereotactic Core Needle Breast Biopsy

Your doctor has requested you have a stereotactic core needle breast biopsy. This is to evaluate an abnormal mammogram finding. A radiologist, with special training in breast imaging procedures, performs the biopsy.

A stereotactic core needle breast biopsy uses computer-guided imagery to precisely position a biopsy needle within the breast. During this procedure, the radiologist removes a sample of breast tissue. This sample is sent to a pathologist for evaluation.

Preparation

- You may drink and eat a light meal before the procedure, unless you have another procedure the same day that requires you to not eat or drink anything. **Be aware of all preparation instructions for all procedures.**
- Bring a list of your medicines with you to the appointment.
- Leave jewelry and valuables at home.
- We recommend you bring a family member and/or a friend with you to your appointment. During the procedure, only staff are allowed in the procedure room. If you take an antianxiety medicine or sedative then you must bring someone with you to drive you home. Do not take the antianxiety medicine until your radiologist says it is ok to take.
- If you are in the Mays Clinic, take Elevator T to the Breast Imaging Department on Floor 5.
- Check in at the front desk.

Before the Procedure

Talk with your doctor if you take aspirin, ibuprofen, Coumadin®, Heparin, Plavix®, gingko biloba, vitamin E or other blood thinners. **You may need to stop taking these medicines at least 4 days before** the biopsy. **If you take Coumadin®, check with your doctor to see if it is safe to stop it 4 days before the biopsy.** Your clotting time is checked on the day of the procedure.

Tell the nurse and/or the radiology technologist if you:
- Are allergic to local anesthetic (Xylocaine®, Novocain®), adhesive tape, antiseptic soap and/or latex.
- Are on chemotherapy.
- Are pregnant or breastfeeding.
- Have significant neck and back pain.
- Have had recent abdominal or chest surgery.
- Have respiratory problems such as cough, trouble breathing and/or use oxygen.
During the Procedure

- A staff member brings you into a dressing/consultation room. You remove your clothes from the waist up and put on a patient gown with the opening to the front.

- You are given a cleaning wipe. Use it to wipe under your arm and around your breast to remove any deodorant, powder or lotion from your skin.

- The nurse checks your blood pressure, heart rate and temperature.

- The nurse and/or the radiologist explains the procedure. The radiologist answers all your questions and addresses your concerns. He or she asks you to sign a consent form stating that you understand the procedure with the risks and benefits explained to your satisfaction.

- The technologist and radiologist make sure you are positioned safely and comfortably.

- You lie face down or on your stomach on a specially designed table. The table is raised and the biopsy is done from below the table, out of your view. If an upright unit is used, you sit in a chair.

- The breast to be biopsied is positioned through a round opening on the table. This position allows the x-ray and biopsy equipment to be used from below. With an upright biopsy, your breast is placed on a bucky (similar to a mammogram) and positioned in an open paddle.

- Your breast is compressed and kept in place.

- The area to be biopsied is centered in the window of a specially designed compression paddle.

- The technologist asks you to lie still. This may make your neck feel stiff and uncomfortable.

- You are asked to hold your breath for a few seconds while the images or pictures are taken.

- After imaging the area to be sampled, your skin is cleansed with antiseptic soap and alcohol. The radiologist administers a local anesthetic and then makes a small cut in your skin so that the biopsy needle is easily guided into your breast. You should not feel any pain after the local anesthesia is given. You may feel some vibration or pressure when the actual samples are taken.

- The radiologist uses the computer images as a guide, to take several tissue samples through the needle.
• A tiny clip made of titanium, or surgical stainless steel, may be inserted through the biopsy needle. This marks the area being sampled.
• When the biopsy is complete, the nurse applies gauze and firm pressure to stop any bleeding.
• Steri-Strips™ are applied to close the incision.
• A 2-view mammogram is taken to document the clip placement.

Discharge Instructions

• Your biopsy results are ready after 3 to 5 business days. You can get them from the radiologist, your referring doctor or MyChart. Provide a telephone number where you can be reached for the results.

• The nurse gives you ice packs and gauze to place in your bra. Keep the ice pack on for 20 minutes and then remove it for 20 minutes. Do this for the first 24 hours (only while you are awake).

• Do not lift anything heavy (more than 10 lbs.) or do any physical activity for 48 hours.

• You can take regular or extra strength Tylenol® (acetaminophen) for pain (1 to 2 tablets every 4 to 6 hours as needed). Do not use aspirin or ibuprofen products because they may increase bleeding.

• Keep the area clean and dry. You can take a shower after 24 hours but do not soak in a tub or swim in a pool until the incision heals.

• You can remove the gauze dressing and ice pack after 24 hours. Leave the Steri-Strips™ on until they fall off (these usually stay on for about 5 to 7 days).

• You may notice bruising or changes to the color of the skin on your breast or around the biopsy site. This is normal and slowly goes away.

• Some women may notice a firm area at the biopsy site. This firm area is the scar that is healing and is normal.

• Please page Dr.________________________at 713-404-_______ if you have any of the following symptoms:
  – Temperature greater than 100º F
  – Excessive pain or discomfort
  – Signs of infection at the biopsy site such as redness, swelling or any discharge
  – Continuous bleeding from the biopsy site

If you are not able to reach your doctor, call MD Anderson’s operator at 713-792-7090 to help you contact your doctor. If you have any questions, from 8 a.m. to 5 p.m. (Monday through Friday), call the Breast Imaging Department at 713-563-6202.