

# Breast Biopsy under Tomosynthesis/ Stereotactic Guidance

**A breast biopsy is used to diagnose benign or malignant breast pathologies.**

## Before the biopsy

- Eat a light meal.
- Tell your healthcare professional if you are taking anticoagulants, you should contact your doctor so that he can tell you if and when to stop and restart your treatment.
- Avoid deodorant, powder, cream or/and perfume, on the day of the biopsy.
- Wear a two-piece outfit, you will undress from the waist up.
- Wear a supportive bra (i.e, sports bra).
- Bring your hospital card and Medicare card. If your hospital card has expired, please present to the office E-0014, 30 minutes before the procedure.

## During the biopsy

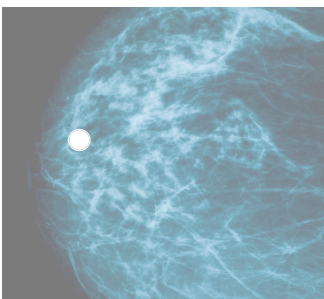
A special mammography machine is used during the biopsy to precisely locate the tissue to be removed.

- You will lie on your stomach with your neck turned to the side.
- Your breast will be positioned through an opening in the table and compressed for about 30 to 45 minutes.
- The breast will be cleaned.
- Using a small needle, the radiologist will inject a local anesthetic to numb an area of your breast (you may feel a brief burning or tingling sensation).
- When the area will be completely numb, a small cut will be made.
- The biopsy needle will be inserted through the small cut to the target area.
- Samples will be taken. You may feel some pressure or a tugging sensation for about a minute during the sampling process. If you feel any sharp pain, tell the radiologist.
- A dressing will be placed over the biopsy site.

## After the biopsy

Following the biopsy procedure a mammogram will be performed to confirm the location of the marker.

## What is a marker?



A 2 mm metal marker (titanium or stainless steel) will be placed in the biopsy area. This will help locate the biopsy site for future breast images or treatment. You will not see or feel it.

This marker does not activate at airport security and is compatible with magnetic resonance imaging (MRI). It will be inert and can remain in place for life without any risk.

## How to find us?

### CRID radiology

E 1004, 10th floor,  
514-340-8222, #27977



Download the JGH map

# Returning home

## Activities for 3 days (72 hours) after biopsy

- Avoid excessive.
- Do not force yourself or lift heavy loads.
- Don't go swimming, to a lake or spa, as this could cause infections (until your wound has healed for about 1 week).
- Drive if you feel well and are not taking any sedatives
- Continue your daily activities.
- Resume exercise as you feel comfortable.

## Care of biopsy site

- Keep the dressing on for three days, then remove it yourself. You can replace it if necessary.
- Keep the dressing dry for 24 hours. You can shower the next day. Let the shower water run over the site and dry it gently with a clean towel.
- Wear a bra to reduce swelling.

## Possible discomforts

At the biopsy site, you may experience:

- tenderness or pain
- tingling
- a small bump
- bruising, as some blood may have accumulated under the skin.

Some of these discomforts may last several days, sometimes up to 2 weeks.

# When should I consult?

- Excessive bleeding from the wound that does not stop
- Persistent pain
- Sign of infection: redness, warmth, swelling, yellow discharge or fever of 38.5 °C (101.3 °F) and higher.

If you have any of these signs, contact the guichet nurse poste 29626.

# How to manage side effects?

## Pain

- Apply ice to the affected area for 10 to 15 minutes, every hour, for the first 24 to 48 hours. For the following days, apply warm compresses.

## Tips:

- Put ice cubes in a bag or use a packet of frozen vegetables (e.g. peas).
- Always place a damp towel between the bag and your breast to avoid freezing your skin.
- Take acetaminophen (e.g. Tylenol): up to two 325 mg tablets or one 500 mg tablet every 4 or 6 hours or as advised by your doctor, IPS or pharmacist.

## Caution. Do not take this dose for more than 5 days.

- **Do not take any anti-inflammatory drugs (e.g. aspirin, ibuprofen) for 24 hours after the biopsy. These drugs increase the risk of bleeding.**

## Bleeding

- It will be normal to see some blood on your bandage (the size of a quarter). This is nothing to worry about.
- In the event of bleeding, raise your arm (the one on the biopsy side) above your head. With the other hand, apply firm, even pressure to the site with a clean cloth for 10 minutes or until the bleeding stops.

# How do I get the biopsy result?

Your results will be sent to your doctor within ten working days. **Please contact your physician if you have not heard back. If you are being followed by a doctor at our cancer investigation centre, they will be communicating the results and recommendations for planning the follow-up to your biopsy.**

*This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.*

# Information

CRID radiology: 514-340-8222, poste 27977

Guichet d'investigation en cancérologie: 514-340-8222, poste 27300

Opening hours: Monday through Friday, from 8:00 a.m. to 4:00 p.m.

- **If you have a medical emergency, call 911.**
- If you have questions about your treatment, feel depressed, or have concerns, contact the nurse or 811 (after hours).

Texte adapté de la fiche santé Retour à la maison après une biopsie du sein produite par le Centre de littératie en santé du CHUM : [www.chumontreal.qc.ca/centre-litteratie-sante](http://www.chumontreal.qc.ca/centre-litteratie-sante).

## Jewish General Hospital

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