

# Care Gram

## Image-guided Needle Biopsy

### What Is a Needle Biopsy?

A biopsy is a medical test to take fluid or samples of body tissue. Biopsies performed in the Radiology (X-ray) Department are done with a needle. A radiologist, which is a doctor trained in the use of X-ray, will perform the needle biopsy. The needle is placed through the skin and guided to the location for the biopsy using images produced by special equipment and shown on a screen. These images allow the radiologist to view the structures inside your body. Images allow biopsies to be done more safely.

### Why Are Biopsies Done?

Most of the time, a biopsy is performed to find the cause of a health problem or the best treatment option.

### How Should I Prepare?

- Bring a copy of your current medication list to your procedure.
- Tell your doctor if you have allergies to anesthesia, numbing medicine, pain medicine, medicine to make you sleepy, latex, or rubber products.
- Check with your doctor if you are taking any blood-thinning drugs to see if these medicines can be stopped. Some medicines may need to be stopped for 3-7 days prior to your test.

Blood-thinning medicines include:

- Aspirin or aspirin-type products
- Ibuprofen (Advil, Motrin)
- Naproxen (Aleve)
- Heparin
- Coumadin
- Warfarin
- Effient (prasogrel)
- NSAID (Bufferin, Celebrex, Indocin)
- Pletal (cilostazol)
- Eliquis (apixaban)
- Aggrenox (aspirin & dipyridamole)
- Xarelto (rivaroxaban)
- Pradaxa (dabigatran)
- Brilinta (ticagrelor)
- Persantine (dipyridamole)
- Plavix (clopidigrel)
- Lovenox and other low molecular weight heparins (arixtra, fragmin, innohep)
- Certain herbal medicines/supplements, such as St. John's Wort
- Fish oil



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- If you visit the LMH Medication Therapy Clinic, please notify them of your biopsy.
- A nurse will call you the night before your biopsy to tell you if you should not eat or drink. This may occur with more involved biopsy sites. If you are instructed not to eat or drink before your biopsy and you have diabetes, do not take your diabetic medication until after you have eaten. Talk with your doctor about how to adjust your diabetes medication.
- If you take a diuretic (water pill), wait until after your biopsy to take it.
- Tell your doctor if you think you might be pregnant. Tests using radiation may not be performed during pregnancy to prevent harm to the fetus.
- Wear comfortable clothing. Low necklines are helpful with biopsies around the neck. Elastic waistbands are helpful for stereotactic breast biopsies and biopsies on the belly. You may be asked to wear a gown or robe during your test.
- You may want to have a friend or relative come with you to drive you home after your test. If you receive sedation, you will not be able to drive and must have a friend or relative with you to drive you home.

**Where Do I Register?**

You will receive the date and time of your test from the doctor who ordered your biopsy. Contact the Radiology Department at (220) 564-4710 if you do not know what time to arrive. Unless instructed otherwise, report for your test as noted below:

Type of biopsy	Area to Report to:	Type of biopsy	Area to Report to:
Lymph nodes	Registration area, First Floor	Kidney	Outpatient Surgery
Parotid gland	Registration area, First Floor	Liver	Outpatient Surgery
Thyroid	Registration area, First Floor	Lung	Outpatient Surgery
Salivary gland	Registration area, First Floor	Pancreas	Outpatient Surgery
Breast	Registration area, First Floor	Spleen	Outpatient Surgery
Adrenal gland	Registration area, First Floor	Deeper Lymph Nodes	Outpatient Surgery

Axillary biopsies may be performed in either the Radiology Department or Women’s Imaging.

**How Is the Biopsy Done?**

- You will lie down for the biopsy.
- You will be awake during your biopsy.
- The area of the biopsy will be located. Once the location is confirmed, the entry site will be marked on your skin.
- The skin will be cleansed. A clean, sterile paper drape will be applied.
- Medicine will be given to numb the path of the needle.
- A very small nick may be made in the skin at the site where the biopsy needle is inserted.

- For more involved biopsies, you may receive medicine to make you sleepy (sedation).
- Samples of fluid or body tissue will be removed and sent for testing. If you are having a breast biopsy, a small marker may be placed so that it can be easily located again.
- The needle is removed after the biopsy is complete and a bandage or small dressing is applied. Most biopsies last about one hour.

You must remain still throughout your test.

### **What Can I Expect After the Biopsy?**

How long you stay at the Hospital depends upon the type of biopsy that was performed. You may be observed for up to several hours. Most people go home after their test is complete. However, a short stay in the Hospital may be required after a lung biopsy.

#### After You Return Home

- You may feel sore for a few days.
- Some swelling or bruising is normal.
- You will receive instructions for your care at home before you leave the Hospital.
- Avoid strenuous activity for 24 hours. For some biopsies, this may be longer.
- You may be able to shower in 24 hours.
- You may use a cool pack for comfort. Do not leave the cool pack on for more than 20 minutes at a time. Always place a clean cloth between your skin and the cool pack.
- Do not touch the biopsy site until the site is healed.

### **How Do I Find Out My Results?**

After your fluid or body tissue is collected, it is sent to a pathologist. A pathologist is a doctor who has special training in detecting conditions based on tissue samples and other tests. Results can take a week or longer. DNA results may take two weeks.

You will follow-up with the doctor who ordered the biopsy to discuss the results.

### **When Should I Call My Doctor?**

Call your doctor if you have:

- Bleeding that does not stop after 10 minutes of pressure
- Increased redness, swelling, drainage, or heat at the biopsy site
- Fever of 100 degrees or higher
- Severe pain that does not go away with Tylenol®, other over-the-counter medication, or comfort measures such as cold packs or positioning
- Not received your biopsy results in the expected amount of time