Care Gram

# Stereotactic Breast Biopsy

**What Is a Stereotactic Breast Biopsy?**
A stereotactic breast biopsy is a test performed when a lesion, breast calcification, or other abnormal tissue change is found in the breast during an exam, mammogram, or other imaging study. A sample or small lesion is removed and viewed under a microscope. This test helps determine whether cancer is present.

Stereotactic breast biopsy provides accurate results without surgery, or a hospital stay. The procedure usually does not cause pain or side effects. You can resume your normal activities the day after the test.

A radiologist (a doctor with special training in the use of medical X-rays) will perform the test.

**Allowing Time**
The test usually takes about an hour.

**Preparing for Your Test**
- Tell your doctor if you have any allergies, especially to anesthesia.
- 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
- Inform your doctor about any recent illnesses or medical conditions.

**If you have any questions about your test, please call (220) 564-4718.**

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**The Day of Your Test**

Report to Diagnostic Imaging on the LMH First Floor 30 minutes before the test. During your test:

- You may be asked to remove some or all your clothes and put on a gown during the exam.
- You also may be asked to remove jewelry, eyeglasses, and any metal objects or clothing that might interfere with the X-ray images.
- You will sit upright in a chair.
- Using the chair, you will be placed into the mammogram unit.
- The breast is compressed and held in position throughout the test.
- X-ray images are taken. **It is important to remain as still as possible, so you do not move your breast from the proper position.**
- The local anesthetic will be injected into the breast to numb it.
- A very small nick is made in the skin at the site where the biopsy needle is to be inserted.
- The radiologist inserts the needle and advances it to the location of the lesion. X-ray images are obtained to confirm that the needle tip is within the lesion.
- A vacuum-assisted device is used to remove tissue samples.
- A small marker may be placed at the site so it can be found in the future, if needed. The needle is then removed and a final set of images will be taken.
- Once the biopsy is complete, pressure will be applied to stop any bleeding. The opening in the skin is covered with a dressing. Typically, sutures are not needed.
- A light-touch mammogram will be performed to confirm that the marker is in the proper position.

**After Your Test**

- Some bruising and/or a lump is normal and should disappear within a few days. A cold pack and/or over-the-counter medicine may be used to relieve pain.
- Call your doctor if you have excessive swelling, bleeding, drainage, redness, or heat in the breast.
- If a marker is left inside the breast to mark the location of the biopsied lesion, it will cause no pain, disfigurement, or harm.
- You should avoid strenuous activity, bending, and lifting for 24 hours after returning home. You usually will be able to resume normal activities 24 hours after the test.
- Do not swim or use a hot tub until the site is healed. This usually takes 1 to 2 weeks.

**Finding Out the Results**

The results will be sent to your doctor. Please contact your doctor for the results of your test.

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This Care Gram is for information purposes only. It may become out-of-date over time. Ask a doctor or a healthcare professional about your specific condition.