

## Aspiration Biopsy

Ultrasound-guided



You have been informed that an anomaly was detected during your mammogram. To investigate this anomaly, the radiologist has decided to perform an ultrasound-guided aspiration.

An ultrasound-guided aspiration is a new method for collecting breast tissues and has a number of advantages. It is a very precise technique.

This biopsy is ultrasound-guided.

The procedure is performed in breast imaging. No prior preparation is required.



**Biopsy:** Collection of a breast tissue sample in order to examine it under a microscope.

**Ultrasound:** Imaging technique that uses soundwaves to obtain an image of the breast.

**Inform the nurse or go to Emergency if you develop a fever of over 38°C, acute pain or redness at the site of the fine needle aspiration.**

**If the bleeding does not stop, continue to apply compression to the breast and go to Emergency.**

## Telephone directory

### Hospital: 450-654-7525

Breast Health Clinic reception ..... ext. 31111  
Breast Health Clinic appointment ..... ext. 31111  
Nurse clinician ..... ext. 31233  
Oncology reception ..... ext. 23159  
Look Good, Feel Better ..... ext. 37733  
Pastoral service ..... ext. 14117

Appointment Centre ..... 450-581-3020  
Info-Santé ..... 811

CLSC Lamater (Info-Santé) ..... 450-471-2882  
CLSC Meilleur (Info-Santé) ..... 450-654-2572  
CLSC Pointe-aux-Trembles (Info-Santé) ..... 514-642-4050

### Resources

Regroupements des aidants naturels du Comté  
de L'Assomption (caregiver association) ..... 450-581-9079

Cancer aide Lanaudière (support group)  
Joliette ..... 450-756-0869  
Repentigny ..... 450-756-8437

Canadian Cancer Society  
Cancer j'écoute (telephone support group) ..... 1-888-939-3333  
Suicide crisis helpline ..... 1-866-277-3553  
Quebec Cancer Foundation ..... 1-877-336-4443  
Info cancer, documentation centre ..... 1-800-363-0063

## Baths and showers

Showers are permitted 48 h after the procedure.

Baths, swimming and hot tubs are permitted 1 week after the procedure.

## Activities

Resume activities gradually. Avoid intensive movements of the arm on the side of the biopsy for 48 h to prevent bleeding. For certain sports or activities (e.g., swimming), wait one week.

## Work

It is usually possible to return to work the day after the procedure. The nature of your job could influence how long you are off work. For physical work, it is recommended that you wait 48 h.

If necessary, the radiologist can give you a note for light duties or a leave from work for 48 h.

## Medication

Continue to take your usual medication, unless indicated otherwise by your doctor.

## Results

The biopsy results are usually available 3 to 4 weeks after the procedure.

You can receive the results from your family doctor or from the general practitioner at the Breast Health Clinic, depending on your preference.

If you do not receive your results after 4 weeks, you can contact your family doctor or the Breast Health Clinic.

If you have any questions or concerns, you can contact the nurse at the Breast Health Clinic from Monday to Friday, 7:30 a.m. to 3 p.m.

At any time, 24/7, you can contact an Info-Santé nurse at 811.

## Precautions to take before the biopsy

### The day of the procedure:

- Do not apply, on the upper body, any cosmetic products, such as cream, powder, eau de toilette, perfume or deodorant
- Wear a comfortable cardigan and a bra.
- Eat well

Do not hesitate to ask someone to come with you for support. However, during the procedure, the person accompanying you cannot enter the examining room.

### Before the procedure, be sure to inform your care team of any of the following:

- If you have a medical history (cancer, heart disease, diabetes, asthma, etc.)
- If you are taking an anticoagulant or non-steroidal anti-inflammatory drug (NSAID), such as Coumadin®, Fragmin®, Plavix®, Aspirin® or Advil®

These medications are blood thinners. The doctor will explain the procedure to follow to suspend these medications before the procedure, if necessary.

- If you have allergies (xylocaine, latex, dressings, etc.)
- Your list of medications
- If you are or may be pregnant
- If you have a breast implants

## Procedure

First, the breast imaging technologist will explain the procedure to you. The procedure is performed using an ultrasound machine and a device adapted to the breast biopsy. You will be lying on your back.

The radiologist will perform an ultrasound of your breast to locate the lesion. The technologist then will disinfect the area and place a sterile field over the area.

To perform the biopsy, the radiologist will administer a local anesthetic, and a small incision of 4 to 5 millimetres will be made in the skin in order to introduce the biopsy needle. The doctor will guide the biopsy probe to the area in question and use it to take samples that will be aspirated with a suction system. These samples will then be analyzed in the laboratory by a pathologist to establish a diagnosis.

A small metallic marker will be left in place to locate the site of the biopsy. This marker, left inside the breast, does not cause any pain or deform the breast.

After the procedure, the technologist will compress your breast for 5 minutes. A dressing will be applied to the biopsy site using closure strips (Steri-strip) and a rectangular dressing (Tegaderm). The compression will continue for 5 minutes with ice.

A post-biopsy mammogram will be performed before you leave. There will be little compression as the purpose of this mammogram is not to diagnose, but rather to confirm the area the samples were taken from.

Lastly, the technologist will apply a compression bandage.

**Duration of the procedure: approximately 30 minutes.**

## After the procedure

### Dressing

- For 48 h, it is recommended that you wear a bra that will apply good pressure on the dressing at all times.
- 48 h after the procedure, you can remove the rectangular dressing (Tegaderm) and the closure strips (Steri-strip).

### Side effects

For a few days and even up to 1 month after the procedure, you might:

- Feel some sensitivity at the biopsy site and slight pain.
- Experience bruising, oedema (a bump) at the biopsy site and tingling. All of this should resolve over the course of the month following the biopsy.
- Notice bleeding or swelling of the breast. If this occurs, apply strong compression for 10 minutes.

To relieve the pain, you can take acetaminophen (Tylenol®) according to the recommended dosage.

**Do not take** acetylsalicylic acid (Aspirin®) or ibuprofen (Advil® or Motrin®) for **48 h after** the biopsy as this could increase the risk of bleeding.

You can apply ice in a Ziploc® bag wrapped in a towel, a magic bag or a gel pack for 15 minutes as needed during the 48 h following the procedure. After that, if the pain persists, it is recommended that you apply heat to the biopsy site.