



Ultrasound Guided Core Biopsy

Your physician has recommended an ultrasound guided core biopsy. This type of biopsy is most helpful when there is an abnormality seen on ultrasound or a palpable mass (something that is felt) is present in the breast. An ultrasound uses high frequency sound waves to image internal structures in the breast.

During an ultrasound guided core biopsy, small samples of tissue are removed from the breast using a hollow needle. The needle is guided to the correct location by constantly monitoring the needle path through the breast tissue on the ultrasound screen.

Planning for the procedure

If you regularly take any blood thinning agent such as aspirin, Coumadin, or Plavix, we will need to consult with your physician to determine if you can be taken off the medication for the procedure. Due to the chance of increasing any bleeding that may occur from the procedure we request that you do not take any aspirin, fish oil, Ibuprofen such as Motrin, Advil or Aleve for 7 days before the biopsy. You may take Tylenol if needed. Please notify us prior to scheduling your biopsy if you are on any arthritis medication, such as Celebrex or Naprosyn, or take any herbal medications or vitamins, as some medications may contain blood-thinning agents.

Most patients experience very little discomfort during the procedure, so no sedative is given. If you feel you will be unable to complete the procedure without a sedative, your doctor will need to prescribe one. If you plan to take any sedative you must inform us prior to the procedure and have a driver present to take you home.

It is important that you eat as you normally would prior to the procedure.

Wear a supportive bra or sports bra to help with the compression and comfort after the procedure. Many women find wearing a bra to bed the first night provides extra support and comfort. The procedure itself will only take 10-15 minutes; however, plan for one hour total in the Breast Center.



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During the exam you will be positioned on your back or slightly on your side. Once the skin is cleansed, the ultrasound probe, or transducer, is placed over the area to be biopsied. A warm gel substance will be used which helps the sound waves travel through the breast. The skin of the breast will be cleaned; anesthetized with lidocaine and very small nick in the skin will be made. The tip of the biopsy needle will be guided using ultrasound to the precise location. You may feel slight pressure, but you should not experience any significant pain. After tissue samples have been taken, a tiny metal clip will be placed to mark the site. A mammogram may be taken after the clip placement and the procedure is complete.

Following the procedure

After the procedure, we will hold pressure to assure any bleeding has stopped. We will apply a liquid band aid and small strip of tape. Leave them on until they come off or at least 7 days. You will be given a small cold pack to apply to the biopsy site to relieve swelling or bruising. Ice offers the best relief to minor discomfort after the procedure. Tylenol maybe taken for any continued discomfort. Aspirin or Ibuprofen should be avoided for 24 hours after the biopsy. No heavy lifting or repetitive motion of your arms should occur for 24 hours after the procedure to prevent additional bruising or discomfort. We suggest you rest and not return to work the day of your biopsy. The next day you may shower but should avoid submerging the area in a pool or bath for 1 week. You should be able to resume all your normal activities.

If you notice any bleeding, swelling, redness or heat, please call us at the St. Louis Breast Center at 636-779-8008 and ask to speak to the nurse navigator.

The final results from your biopsy will be available from your referring physician or the nurse breast health navigator two to four business days following the procedure.