Upright Stereotactic Core Needle Breast Biopsy

Based on the results of your last mammogram, the doctor (radiologist) has recommended a stereotactic core needle biopsy. The doctor removes small samples of tissue from the breast using a needle. The doctor guides the needle to the correct place using mammogram images.

**Before the Biopsy**
A Breast Center nurse will review all prescribed and over-the-counter medicines. You may need to stop blood thinners before the biopsy. The nurse will discuss this with you.

You may take Tylenol® as needed during this time (if you do not have liver disease).

A nurse will review all allergies. This includes all medicines, latex, metal, and tape.

You will be awake for the biopsy. If you would like a relaxant to calm you before the biopsy, please contact your primary doctor for this. This must be arranged in advance. The Breast Center does not provide these medicines. If you decide to take a relaxant, you must have someone drive you home after the biopsy. You should not drive or make important decisions until the next day.

You do not need to fast before the biopsy. If you are diabetic, follow your regular diabetic care regimen

Wear a two-piece outfit. You will be asked to undress from the waist up.

Do not wear talcum powder, lotions or deodorant on the breast and underarm area. Plan on being at the Breast Center for about 2 hours.

**During the Biopsy**
You will sit in a special chair that can be positioned at different angles to allow access to the area of your breast to be biopsied.

Your breast will be held in place by compression with paddles, like when you have a mammogram. Mammograms will be taken. This will help to locate the correct site for biopsy. During these mammograms staff will step away behind a shield. You will be asked to hold your breath and be as still as you can.

The doctor will inject a numbing medicine (Lidocaine) into your breast. You may feel a sting. Our goal is that you not feel any pain after this is given. You may feel pressure during the procedure. If you do feel pain, let the staff know.

Once your breast is numb, a small nick will be made in the skin of your breast in order to place the needle. You may feel pressure as this needle is placed, but should not feel any pain.

You will hear a whirring sound from the biopsy machine as samples are being taken. The samples will be sent to pathology.

After the biopsy, a small marker is placed in the breast to mark the biopsy site. If a future surgery is needed, this will help guide the doctor to the area to be removed. If no surgery is needed the clip will stay in place. It will be seen on future mammograms. There are no known risks with having the marker. You do not need to worry about metal detectors or MRI procedures. The titanium marker is not affected by this type of equipment.
The needle will be removed from your breast. There may be slight bleeding. We will apply pressure until it stops. The site will be covered with thin strips of tape (Steri-strips), and a cold pack. You will be asked to sit for 10-15 minutes to make sure there are no problems with the site.

You will have a final mammogram to look at the location of the marker.

**Care after the biopsy**

After the biopsy you will be assessed for any bleeding. A protective bandage is placed over the biopsy site.

Your pathology results will be done in 3-4 working days. Your doctor’s office or the Breast Center staff will call you with your results.

**For the first 24 hours, avoid forceful arm movements and do not lift more than 10 pounds.** You may return to work and most activities the next day.

Apply ice to the biopsy area for 20-30 minutes at least 3 times the day of the biopsy. After that day, use ice as needed. This will help to reduce swelling and pain. Do not place ice directly on the skin.

Remove the protective bandage the next day. The Steri-Strips will loosen and come off on their own in about 7 days. If they are still in place after 7 days you may gently remove them.

We suggest you wear a supportive bra to minimize breast movement. A sports bra works best. You may shower the next day. Pat the biopsy site area dry. Do not soak in a tub or pool for 48 hours.

You may have some mild discomfort and bruising. This should go away in about a week. You may use Tylenol for this pain. Take as directed. You may take Ibuprofen as needed 24 hours after the biopsy as long as there is no sign of bleeding.

Monitor for any signs of infection:
- Temperature over 100.4°F
- Significant swelling, firmness or warmth
- Increased redness
- Drainage around the site that is pus-like.

Please call if you have bleeding that soaks the bandage or that is flowing from the site. Hold firm pressure to the site if this occurs. It is normal to have a small amount of blood (dime to quarter size) show through on the bandage.

**Phone Numbers**

If you have questions or concerns about your care, please call the following numbers. Normal working hours are Monday through Friday, 8:00 a.m. to 4:30 p.m.

UW Health Breast Center at the University Hospital
Normal working hours: 608-266-6400
After hours and weekends, call (608) 262-2122. This will give you the paging operator. Ask to speak to the radiologist on call. Give the operator your name and phone number with the area code. The doctor will call you back.

UW Health Breast Center at 1 S Park Street:
Normal working hours: 608-287-2933
After hours and weekend, call 608-417-6000. Ask to speak with the radiologist on call at Meriter/Unity Point Hospital. For medical emergencies, call 911.
Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2017 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7933