Upright Stereotactic Core Breast Biopsy

Based on the results of your last mammogram, a doctor (radiologist) thinks you should have a stereotactic core breast biopsy. This doctor removes small samples of tissue from the breast using a needle. The doctor guides the needle to the correct place using a mammography machine. Most of these breast biopsies (about 80%) done at the UW Breast Center turn out to be benign (not cancer).

Pros of Stereotactic Core Breast Biopsy
- It can be done on very small lesions.
- It can be done on deposits of calcium (calcifications). These occur naturally as breast tissue changes and ages. At times, the size, number, shape, and pattern of calcifications can raise concern.

Before the Biopsy
A Breast Center nurse will review all prescribed and over-the-counter medicines. You will need to stop any blood thinners 5 days before the biopsy. These include:
- Aspirin (Ecotrin®, Excedrin®, Alka-Seltzer®, Anacin®, etc.)
- Non-Steroidal Naproxen, Nuprin, ibuprofen, Aleve®, Motrin®. Anti-Inflammatory Drugs (Advil®, Etodolac, Indomethacin, Diclofenac (Voltaren) Nambumetone (Relafen) Naprosyn etc.)
- Vitamin E, Omega 3 Oils such as Fish or Flaxseed; Ginger, Ginkgo Biloba, Ginseng, and all herbal medicines or teas
- Warfarin or Coumadin Enoxaparin (Lovenox®) or Clopidogrel (Plavix®). We will work with your doctor to stop these.

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

Please eat and drink as normal. There is no need for you to fast before the biopsy. If you are diabetic, follow your regular diabetic care routine.

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 as still as you can.

Your breast will be numbed with Lidocaine. You will feel a sting, but you should not feel any pain after this is given. Let the staff know if you are having any pain.

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. Several “cores” of tissue are taken. The tissue will often be x-rayed after it is removed to check for the presence of calcifications. The samples will be sent to pathology.

After the biopsy, a small titanium clip 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 a clip.

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 ensure the biopsy went as planned.

**Care after the biopsy**
You will meet with a nurse after the biopsy. The nurse will assess the biopsy site for any bleeding and place a bandage over the biopsy site.

You will be able to get your pathology results 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 vigorous arm movements and heavy lifting** (more than 10 pounds). If you wish, 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 and then as needed. This will help to reduce swelling and pain. Do not place ice directly on the skin.

Remove the 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 comfortable supportive bra to restrict breast movement. A sports bra works best.

You may shower the next day and allow water to run over the biopsy site. Pat this 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. If you need something for discomfort, take Tylenol® as directed. You may take ibuprofen as needed 24 hours after the biopsy and if there is no sign of bleeding.

Watch for any signs of infection such as a fever over 100.4°F, severe swelling, firmness or warmth, increased redness or drainage around the site that is pus-like.
Please call if you are having heavy bleeding from the biopsy site (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, please call:

Breast Center Triage Nurse Line  
(608) 262-1368 Monday through Friday, 8:00 a.m. to 5:00 p.m. This line is checked often.

You can also call the Breast Center (608) 266-6400 and ask to speak to a nurse.

For medical emergencies, call 911.

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.

If you live out of the area, call 1-800-323-8942.