

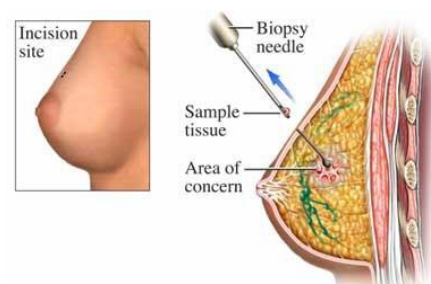
### What is an Ultrasound Breast Biopsy?

An ultrasound breast biopsy is an outpatient procedure that uses ultrasound imaging to find the exact location of a tumour or suspicious area in the breast. These images are used to guide a needle or probe to obtain a sample of the tissue.

The majority of breast biopsies yield negative results (no signs of cancer). However, if cancer is present, finding it at an early stage increases the chance of full recovery following treatment.

### What happens during an Ultrasound Breast Biopsy?

- Upon your arrival we will review the procedure with you and answer your questions.
- Using an ultrasound probe, your breast will be scanned to locate and target the abnormality.
- The area to be sampled will be cleaned and numbed with a local anesthetic injected into the skin and surrounding breast tissue. A tiny incision will be made into the skin, and the needle will be inserted into the breast. As samples are taken, you will hear a clicking sound made by the biopsy device.
- Firm compression will be applied to the biopsy site following the procedure in order to stop any bleeding as well as limit bruising.
- A bandage will then be placed over the breast. You will be observed for a short time, and allowed to leave once we are satisfied your condition is stable.



### Advantages of Ultrasound Breast Biopsy

- About 80% of breast lesions (lumps or abnormalities) are benign (not cancer). Once cancer has been ruled out, the need for surgery is often eliminated.
- This procedure is done as an outpatient; therefore there is no need for hospitalization.
- The biopsy procedure takes about one hour; once the biopsy is complete you will be able to go home.
- Unlike a surgical biopsy, there is no significant scarring within the breast which may complicate future mammography readings.

## **Risks of Ultrasound Breast Biopsy**

- Bleeding and bruising are common
- Infection is a rare complication
- Puncturing the chest wall and lung is a very rare complication

## **Before Your Ultrasound Breast Biopsy**

- Discuss all medications you are currently taking with your referring doctor and the booking office when you make your appointment.
- Do not use underarm deodorant, powders, oils, or creams.

## **After Your Ultrasound Breast Biopsy**

- You may have some bruising and soreness. Bruising may be widespread, involving a large part of the breast.
- Soreness may be lessened with the application of ice and taking plain acetaminophen (Tylenol). Do not take Ibuprofen or Aspirin.
- Bloody or clear nipple discharge is common and is not cause for alarm.
- You can return to your usual routine but avoid vigorous activity—such as heavy lifting—for 24-48 hours following the biopsy.
- Keep the biopsy site clean and dry for 48 hours, you can then remove the bandage. There may be minimal oozing for a few days; usually a band aid will work to cover the site. Do not use antibiotic ointment.
- Your surgeon or referring doctor will receive the pathology results within approximately one to two weeks. If a follow up appointment has not already been scheduled, please arrange an appointment to review the results.

## **Signs & Symptoms to Watch For**

Although complications are rare, if you notice any extended pain, redness, swelling, heat, or a lot of discharge or bleeding, contact your doctor or proceed to your nearest Emergency Department.

## **How to Contact the Breast Assessment Centre**

The Breast Assessment Centre is located at the Stratford General Hospital in the East Building – Level 1. The centre is located next to the Emergency Department.

Address: 46 General Hospital Dr., Stratford ON, N5A 2Y6

Phone: 519-272-8210 ext. 2346 or Toll-Free: 1-888-275-1102 ext. 2346

Fax: 519-272-8227