

Things to watch out for:

Bleeding

- **Superficial:** It is important to look at your wound dressing every 20 minutes for the first 2-3 hours after your biopsy. If you are concerned with the amount of bleeding (i.e. the blood loss extends to the edges of the dressing), please contact BreastScreen ACT or your General Practitioner (GP) for a dressing change.
- **Deep:** If you notice swelling in the area of the biopsy, it may indicate bleeding deep in the breast. If this occurs, apply firm pressure with the palm of your hand to the area for 20 minutes. If the area continues to swell, maintain the pressure and contact BreastScreen ACT or your GP during business hours; or go to the emergency department of your nearest hospital if outside of business hours.

Bruising

It is normal to experience some bruising after a biopsy. If you are concerned with the amount of bruising, please contact BreastScreen ACT or your GP.

Reaction to the dressing

Some people may have sensitivity to the waterproof dressing and the skin may become itchy and reddened around the edges of the dressing. If your skin becomes very irritated, you may wish to remove the dressing yourself. If this occurs, BreastScreen ACT or your GP can apply an alternative dressing.

Infection

If you notice any signs of infection such as redness, swelling, increased pain in the area, heat, or discharge from the biopsy site, please contact BreastScreen ACT or your GP as soon as possible.

Care after your biopsy

Please leave the dressing on for **5 days**. As the dressing is waterproof, you may shower and pat dry with a clean towel.

Use the ice packs supplied to keep the site cool and change as needed (e.g. once or twice per hour) until bed time.

Heavy lifting, stretching or pulling involving the chest (e.g. vacuuming, gym work) should be avoided for **24 hours** following the procedure.

If necessary you may take medication such as Panamax or Panadol for pain. Please refer to the package for dosage instructions.

DO NOT use Aspirin or Ibuprofen (e.g. Nurofen) as these may cause bleeding.

Contact details

If you have questions or concerns:

Phone: 6205 5053 to contact nursing staff during office hours;

OR Contact your GP.

Your appointment for results is

Doctor: _____

Day/Date: _____

Time: _____

Location: BreastScreen ACT, Ground Floor
1 Moore St - Canberra City

INFORMATION – About the procedure

The BreastScreen ACT team of doctors have recommended that you undergo a biopsy for further evaluation of your breast. The doctor will go through the following information with you before your procedure.

About the Procedure

A **biopsy** is a procedure used to remove several pieces of tissue for testing. This procedure is performed using local anaesthetic. This type of anaesthetic only numbs the area which we take the biopsy from. A small cut is made in the skin through which a needle is inserted into the breast and several small samples are taken. This biopsy is guided by using either ultrasound or mammogram.

There may be a need to place a tiny metal marker into the biopsy site at completion of the procedure. This marker remains in the area and will not be removed within the BreastScreen Program. The marker will not cause harm to your body and will not cause metal detectors to sound. This marker would only be removed if surgical treatment to the same area were required.

The specific type of biopsy that has been recommended for you is:

- ☐ **Ultrasound Guided Core Biopsy**
- ☐ **Stereotactic (mammogram guided) Vacuum Assisted Biopsy (VAB)**
- ☐ **With Marker Insertion**

Alternatively, a simpler type of biopsy – Fine Needle Aspiration (FNA) biopsy under ultrasound guidance may be recommended. This will not require local anaesthetic or marker insertion. This procedure is used to take only a few cells from an area of abnormality or to drain a cyst, for testing.

- ☐ **Fine Needle Aspiration (FNA) Biopsy**

What are the risks? As with any medical procedure there are risks.

- **Bruising:** Some bruising in the area can be expected. Occasionally, more extensive bruising may be experienced.
- **Infection:** As with any needle entering to the skin an infection is possible, however this risk is minimal.
- **Bleeding:** Some bleeding in the area can be expected. Rarely, more extensive bleeding may be experienced.

Other important information

- You may request to defer this procedure to a later date if necessary.
- You have the right to withdraw from the procedure at any time.

If you have any questions at any time, please ask the doctor who will be performing the procedure.

Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit: www.health.act.gov.au/accessibility

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