

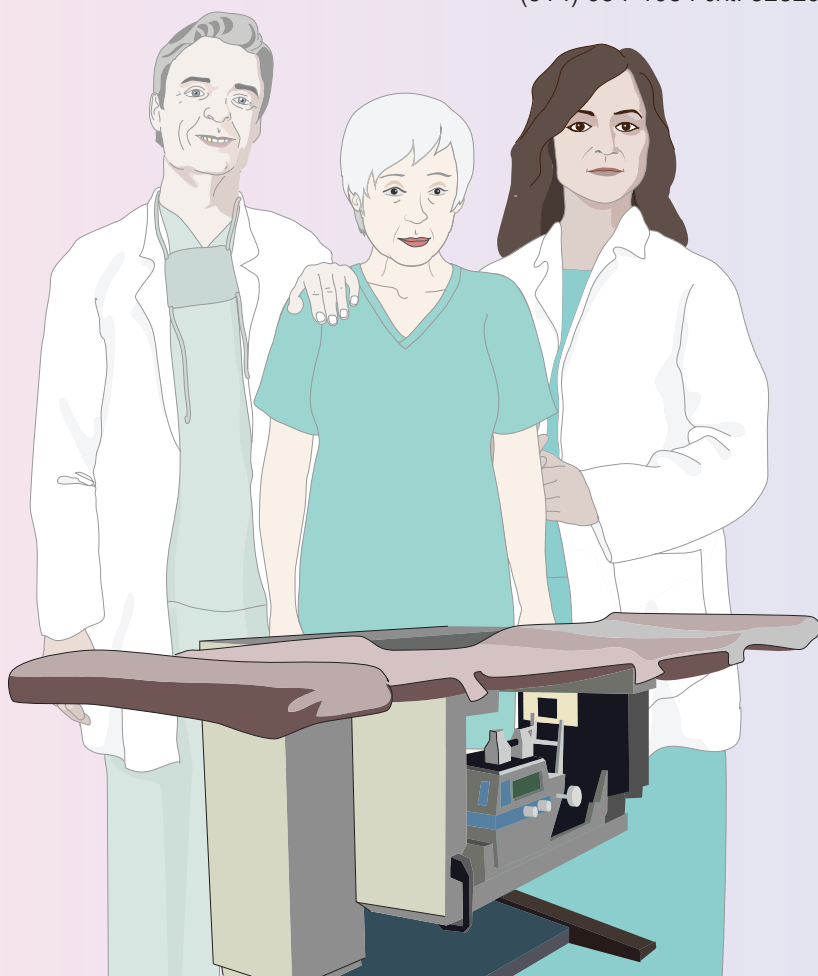
Stereotactic Breast Biopsy



A patient friendly guide for:

This booklet is to help you understand and prepare for your biopsy.

If you have questions you can call the Cedars Breast Clinic (514) 934-1934 ext. 32829



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Office d'éducation des patients
Patient Education Office

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MUHC Cedars Breast Clinic team.

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We would also like to thank the MUHC Patient Education Committee for translation and printing support for this project.

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IMPORTANT:

Information provided by this booklet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

This material is also available through the
MUHC Patient Education Office website
www.muhcpatienteducation.ca



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Patient Education Office**

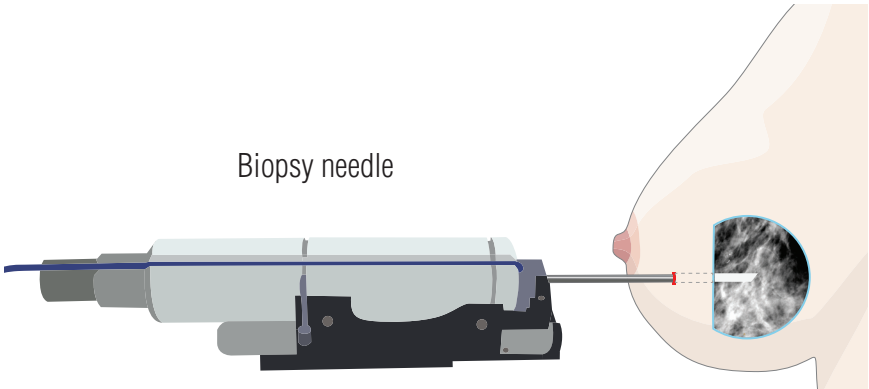
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What is a stereotactic breast biopsy?

This is a special test which allows the radiologist or surgeon to take a very small sample of your breast tissue with a biopsy needle.

The sample is from the area seen on your mammogram but is too small to be felt.



The doctor may need to take several samples.

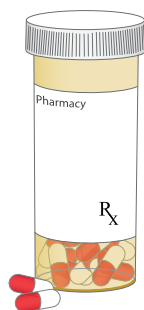
The samples will be sent to the laboratory to be examined under a microscope.

The results will be sent to your doctor in 10 -14 days.

How should I prepare?

1. Stop any medications or food supplements, with your doctors consent, that can cause you to bleed (blood thinners).

Some of these other food supplements can also change how these medications work. It is recommended that you stop these medications or food supplements for at least one week (7 days) before your test.



*Consult your doctor if you are taking any of these medications.

Medications

- ☐ Advil
- ☐ Aspirin*
- ☐ Coumadin*
- ☐ Plavex*
- ☐ Heparin*
- ☐ Xarelto*
- ☐ Other: _____

Food Supplements

- ☐ Fish Oil
- ☐ Don Guai
- ☐ Feverfew
- ☐ Garlic Capsules
- ☐ Ginger Supplement
- ☐ Ginko
- ☐ Ginseng
- ☐ Omega-3 Gel Caps
- ☐ St. John's Wort
- ☐ Vitamin E

2. You do not need to stop eating or fasting before the test.

In fact, we encourage you to eat a light breakfast or lunch before the test.

3. You may be asked to have additional mammograms or an ultrasound of your breast before or after we do the Stereotactic Breast Biopsy test.

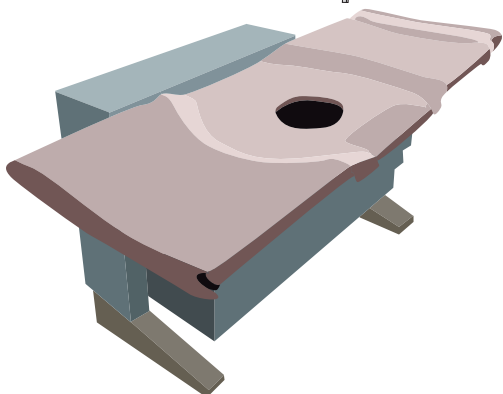
4. You will be lying on your stomach for this test. This can be uncomfortable if you have back or neck problems. The procedure will last 30-45 minutes. You can take Tylenol or a muscle relaxant before the procedure starts.

5. Let the doctor or technologist that is doing the test know if you have any allergies to medications for example, freezing used by the dentist. Special provisions will need to be made. Let the technologist doing the procedure know if you have sensitivity to tapes used with dressings.

What will happen on the day of the test?

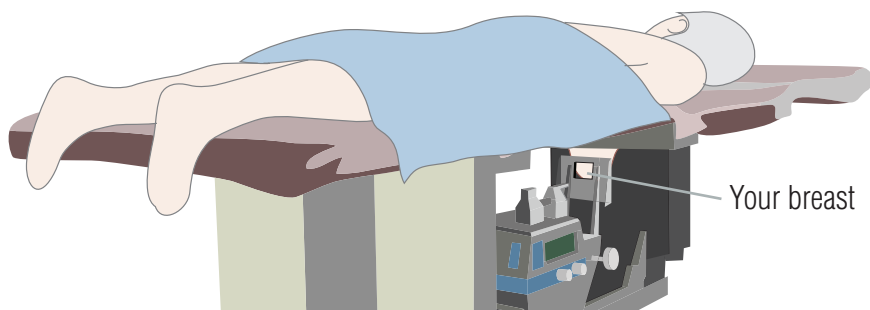
When you arrive in the biopsy room the technologist will explain the procedure and answer your questions.

You will then be asked to sign a consent form for the test.



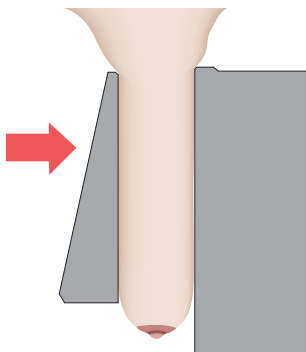
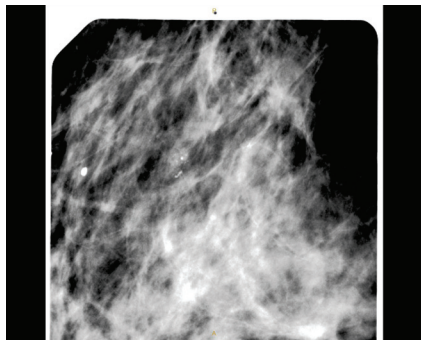
You will be asked to lie on a special surface.

You will be positioned on your stomach so that your breast can drop down through an opening.



What will happen on the day of the test?

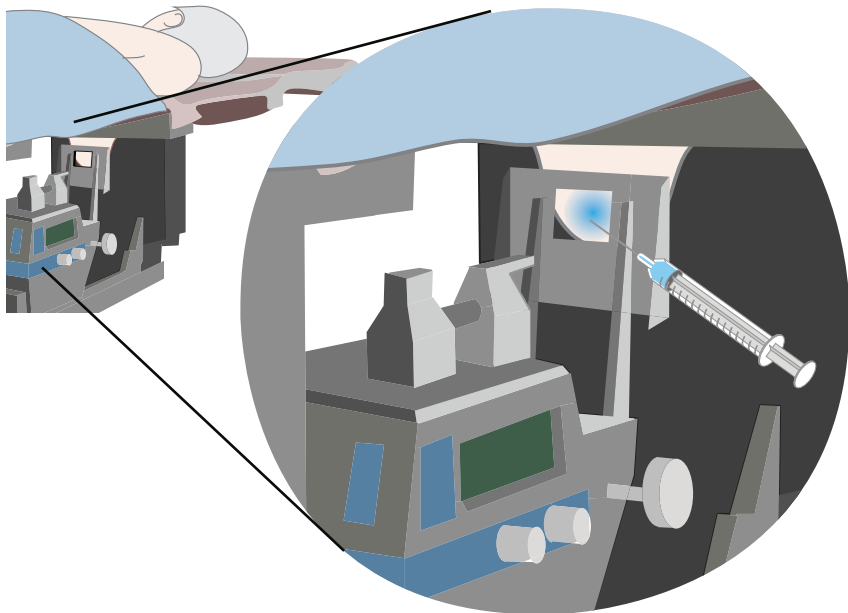
Your breast may be squeezed a little (not like a mammogram) during the entire examination.



X-rays will be taken to locate the exact area from which the breast tissue sample will be taken.

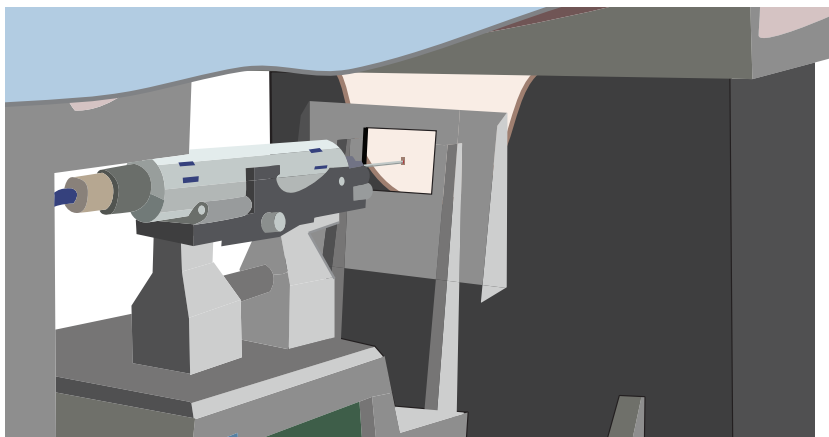
Once we have the exact location, it is important that you do not move.

The doctor will then clean and freeze the area with a local anaesthetic.

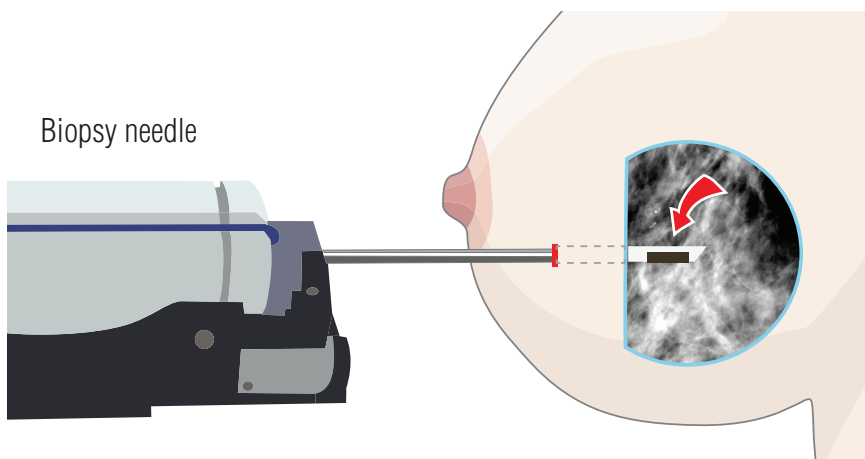


What will happen on the day of the test?

The doctor will make a tiny cut in the skin for the biopsy needle.



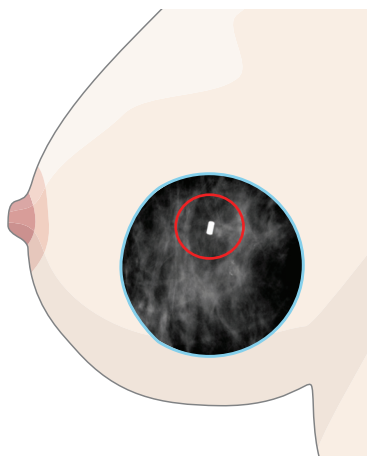
The doctor will then insert the biopsy needle into your breast and will take several tissue samples of the area of interest. The equipment will make a noise and you may feel some vibration but you should not feel pain. If you do, tell the doctor so that you can have more freezing to the area.



What will happen on the day of the test?

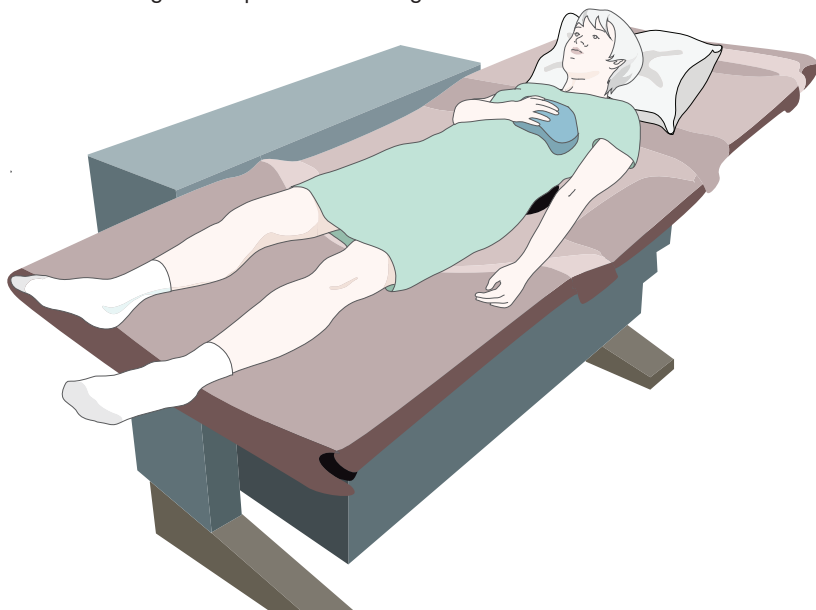
After the samples are taken, a small, 2mm titanium (metal) marker is placed at the sample site in your breast so that we know the exact location of the biopsy.

You will not see or feel it. It will not affect MRI (magnetic resonance imaging) or airport scanners.



After the biopsy, we will apply pressure to the area for about 10 minutes to control any bleeding.

The technologist will put on a bandage.



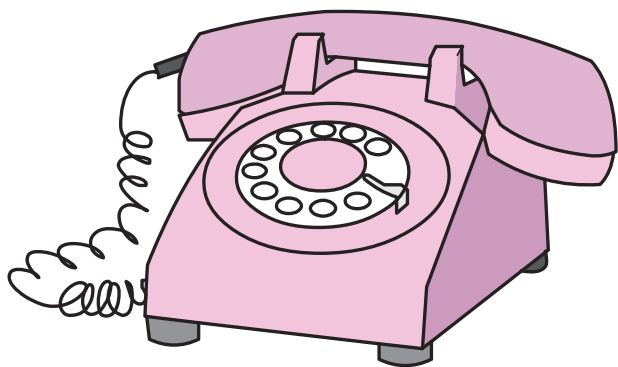
The technologist will give you instructions before you leave.
If you do not have results after 2 weeks, please call your doctor.

Contact information

MUHC PHONE NUMBER: (514) 934-1934

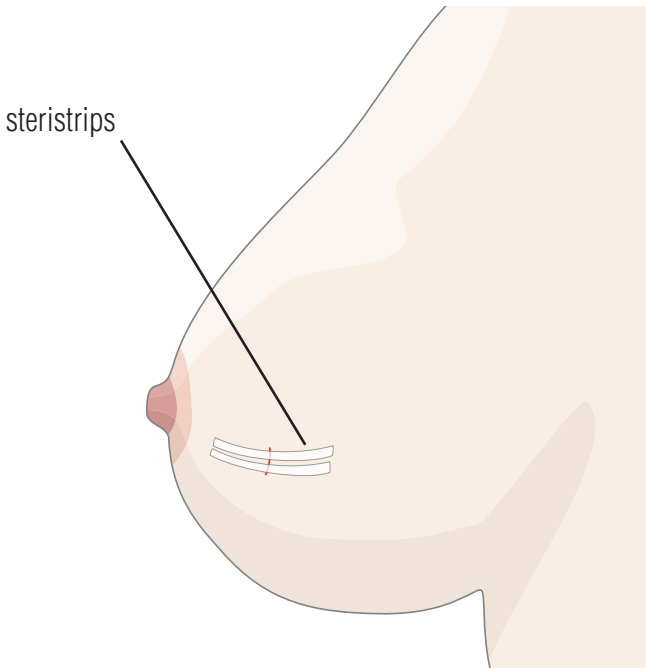
Contact	Telephone Extension
Nurse Clinician	35166 or 32495
Dr. Fleischer	34045
Dr. Loutfi	35611
Dr. Meguerditchian	34081
Dr. Meterissian	36631
Dr. Tremblay	36313
Dr. Salasidis	44330

If you have any questions or need to contact the clinic, please call (514) 934-1934 ext. 32829



Post biopsy-care:

1. Keep the area covered and dry for 48 hours.
2. If you should have redness, itching or blisters forming around the bandage site, remove the bandage immediately and leave skin around biopsy site open to air.
3. Avoid strenuous movement of the affected arm for 48 hours
4. The small steristrips applied to your cut will fall off on their own. If they do not fall off after 3-4 days gently remove them with soapy water in the bath or shower.



Post biopsy-care:

For pain:

1. Take Tylenol[®] (unless you are allergic to it).

Do not take Aspirin (R) or ibuprofen, as these medications can increase the risk of bleeding.

2. Cold compresses may be applied to the site for 15 minutes every 2-3 hours for 24 hours.



If bleeding

If bleeding occurs: apply direct pressure to the area for 15 minutes with a clean face cloth.

Call your doctor:

Call your doctor or go to the Emergency Department

if you notice any of the following changes:

- redness
- swelling (call or come to ER in case of bleeding)
- skin feels warmer than usual
- pain
- fever
- or bleeding doesn't stop after 15 minutes of applying pressure

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Help Us Help Others

Help support the MUHC Patient Education Office! Donations make a huge difference. They help us create health information materials and programs to deliver The Best Care for Life.

All patient materials are freely available on the internet to MUHC patients and to patients and families everywhere.

Call the Cedars Cancer Foundation to donate to the Patient Education Fund:



**Dr. David Fleiszer's
Patient Education Fund**



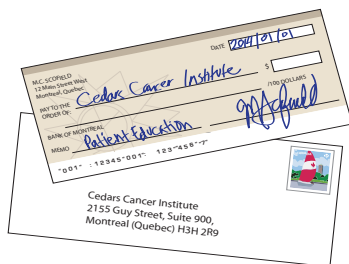
Online: www.cedars.ca

By Phone: (514) 656-6662

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**CEDARS
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FOUNDATION**



In Person / By Mail: 1310, Greene Ave, Suite 520
Montreal (Quebec) H3Z 2B2

Thank you for your support!

MUHC Patient Education Office: muhcpatienteducation.ca

Looking for more information on Breast Cancer?



Come to the
Cedars CanSupport
Learning Centre:

D RC.1329

(Ground floor of the
Cedars Cancer Centre)

Or Visit the Patient
Education Collection
website:

muhcpatienteducation.ca

Use there
search terms:

Breast cancer

Breast surgery

Radiotherapy

Chemotherapy

**Going home after
chemotherapy**



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Réseau de cancérologie
Rossy
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How to reach us

Our clinic is located at C6 (North) 3155

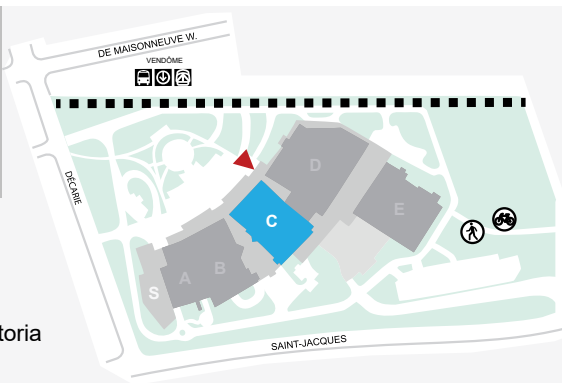
Royal Victoria Hospital at the MUHC Glen site

1001 Décarie Blvd.
Montreal, QC H4A 3J1

To get to C6 North:

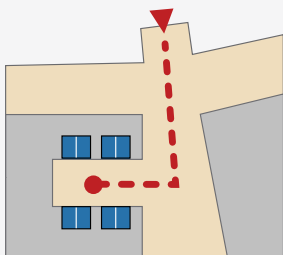
①

Enter through the main
entrance of the Royal Victoria
Hospital ►



②

Walk down the hallway
and turn right to head
to the C North elevators.



③

Take C North
elevator to the
6th floor.



④

Go to the Reception desk.
Then proceed to the waiting
room and wait to be called.

