



*Your best protection against  
breast cancer is early detection.  
Mammograms do save lives.*



Diagnostic & Preventative Imaging Center



515-226-9810 [IowaRadiology.com](http://IowaRadiology.com)



#### Directions to Clive Office:

**From I-80,** Exit west onto University Avenue. Turn north onto 124th Street. We are the second building on the east side of the road.

12368 Stratford Drive, Suite 300 • Clive, Iowa 50325

#### When to notify us

##### **If you are bleeding 24 hours after your biopsy.**

Some blood should be present on the bandage at first, but it should decrease throughout the day. If a constant flow of blood occurs, apply firm pressure to the site for 15-20 minutes; if this doesn't stop the bleeding, call us.

##### **If there are signs of infection in the first two weeks.**

This would include a whitish discharge, increasing redness and swelling of the skin, or fever. While some redness at the site is normal, please be aware of these changes.

Call us at 515-226-9810 during normal business hours.

If you are calling after 5:00 pm, please call 241-6171 and ask for the radiologist on call.

**Thank you for having your procedure at Iowa Radiology.  
If we have not contacted you within 48 hours,**

**please contact** \_\_\_\_\_.

## Breast Biopsies



Diagnostic & Preventative Imaging Center

In Partnership With



515-226-9810 [IowaRadiology.com](http://IowaRadiology.com)

**Our Focus is Your Good Health**

# Stereotactic and Ultrasound-Guided Breast Biopsies

## What to Expect from Your Breast Biopsy

Your doctor has recommended that you have a breast biopsy because an abnormality was discovered on your image. To determine if further treatment is necessary, your biopsy will provide your doctor with more answers.

At Iowa Radiology's breast imaging center, we offer different types of breast biopsies, including stereotactic, ultrasound-guided and MRI, which are conducted on an outpatient basis and are non-scarring and non-surgical. You can go home shortly after the procedure.

## How to Prepare

- Avoid Aspirin – Do not take aspirin or products containing aspirin for at least three days before your biopsy, as aspirin thins the blood and can increase the risk of bleeding. If you take other blood thinners, ask your doctor if you should stop them and if blood tests should be drawn. All other medications may be taken as usual.
- Eat before the test – A lighter meal is suggested.
- Wear a two-piece outfit – A two piece outfit will allow more comfort during the exam.
- Wear a bra with good support – A sports bra, for example, will provide good compression following the procedure.
- Plan for a 2 hour appointment – You may be required to have additional mammogram views. Also, you will view an educational video and have a consult. The actual procedure should only take 30-45 minutes.

## During Your MRI Biopsy

We will ask you to lie face down on the biopsy table and remain as still as possible during the procedure. You will receive a local anesthetic. You may feel some mild pressure or a pulling sensation.

## During Your Stereotactic Biopsy

The procedure is performed with you sitting upright in a chair next to the mammogram machine. Please remain as still as possible. You will receive a local anesthetic. You may feel some mild pressure or a pulling sensation.

## During Your Ultrasound-Guided Biopsy

The procedure is done with you lying on your back. The doctor will administer a local anesthetic to the breast being biopsied. An acoustic gel will be applied to help the doctor guide the probe directly to the area in question. To facilitate the test, you will be asked not to move during the procedure.

## After Your Procedure

The tiny incision left behind will be covered with Dermabond. We recommend that you not return to work for the rest of the day following your biopsy. Most women experience a mild-to-moderate ache which is usually controlled by an ice compress and Tylenol.® You should be able to return to normal activities within 24 hours of your biopsy. Bruising will be present and your breast can remain tender for one to two weeks. A small lump at the biopsy site may be present, which should disappear within a month. We recommend that you not return to work for the rest of the day following your biopsy.



## Post Procedure Care

- Apply Ice – To reduce pain, swelling and bleeding, place an ice pack on the biopsy area between your bra and the bandages. Alternate ½ hour on, ½ hour off for six or seven hours.
- Treat Dermabond Gently – Dermabond is the skin adhesive placed on your biopsy area to hold the wound edges together. It is important that the area is kept clean and dry. You should NOT apply antibiotic ointment, soak the area, or scratch/rub the Dermabond covering. The adhesive will wear away in one to two weeks.
- Take Tylenol® – If you have pain, take Tylenol, but avoid taking aspirin and ibuprofen, like Advil®, for 24 hours.
- Rest – Do not engage in any strenuous activities for 24 hours. This includes tennis, aerobics, weight lifting, skiing, vacuuming, window washing, etc.
- Wear a Bra – For added support and comfort after your biopsy, a bra that offers firm support. A sports bra is recommended.
- Take Care Bathing – The morning after your biopsy you may bathe or shower, but be careful NOT to soak the biopsy site. Afterward, pat the area dry.



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