



Preparations & Instructions for your Stereotactic or Ultrasound Guided Core Needle Breast Biopsy in Hospital

Please familiarize yourself with the following information before and after your procedure. This will help ensure the best possible healing process.

- **Prior to the Biopsy:** Do not take Aspirin, Advil, Aleve, Motrin, Vitamin E, Alka Seltzer, Herbal Tea and all vitamins and supplements for at least one week. Coumadin, Plavix, Aspirin or other medications that thin the blood must be stopped before the procedure with clearance and specific instructions from your medical doctor.
- **The day of the Biopsy:** Arrange for someone to drive you **to and from** the hospital. Wear a comfortable two piece outfit, eat lightly and bring a snug surgical compression, or sports/jogging bra with you. The bra should not have an underwire, should provide compression, not lift and it should open both front and back. Please remember to bring your referral form if your insurance requires you to do so.
- **Following the Biopsy:** Leave the tape and gauze or cellophane bandage on for 24 hours. After removal of the bandage, you may shower as usual. **Do not remove the Steri-Strips for any reason.** They will be removed at the post biopsy visit. You need to wear the snug bra continuously for two weeks following the procedure. Discoloration, redness, black and blue, purple, mild discomfort, minor oozing, tenderness, lumpiness, deformity, swelling, hardness, etc. are possible. If excessive bleeding, swelling or signs of infection are noted, notify our office immediately. Apply ice packs to the breast for the next 24-48 hours as directed. Do not use heating pads, ointments, peroxide or creams on the wound. Restart all prescription medications and vitamins the day after the procedure unless otherwise directed.
- **Pain Medication:** In most cases, Tylenol (Acetaminophen), 2 tablets every 6 hours, is sufficient for relief of discomfort (if not allergic). Avoid Aspirin, Advil, Motrin, Aleve, and similar medications.
- **Activity:** You may resume many regular activities immediately. Avoid strenuous exercise, lifting, and reaching for one week. You may return to work the next day, unless otherwise directed. Use common sense. No driving or alcohol consumption if you are in pain or taking pain medication. **No driving the day of the biopsy.**
- **Post Biopsy Visit:** Usually, no immediate post-surgical visit is needed, so in most cases you will be given a follow-up appointment for 10-14 days.
- **Your Pathology Report:** The results are usually available within 5-7 business days. We will call you as soon as possible but will not leave a message or voicemail with results.
- **Questions or Confusion:** Please call our office if you need any further information or clarification.
- **Please be advised that during your hospital visit, you may receive a portion of your care from an Out of Network Physician i.e., Anesthesiologist, Radiologist, Pathologist, Cardiologist etc.**
- I certify that these instructions have been fully explained to me. I fully understand the information and confirm that all of my questions have been answered to my satisfaction.

Name _____ Sign _____ Date _____ Time _____

Please visit our website at www.breastcarespecialist.com to learn more about your procedure.

4230 Hempstead Turnpike, Suite 101 • Bethpage, New York 11714 • (516) 520-1480 • Fax (516) 520-1483