

What are possible complications following a stereotactic biopsy?

- Complications are rare, but may include bleeding, bruising or infection.
- Less than 1 in 100 patients have excessive bleeding or bruising, and less than 1 in 1000 have an infection.

Call your doctor if you have any signs of the following:

- Persistent or heavy bleeding, swelling or enlargement of the breast.
- Pain uncontrolled by over-the-counter pain medication.
- Signs of infection such as redness, swelling or discharge from the needle biopsy site.

The Breast Health Navigator is a healthcare professional with specialized knowledge in breast health.

She is available to answer any questions or if you would like more information about breast health.

**Breast Health Navigator
705-743-2121 x. 2691**

Post-Biopsy Care Instructions

1. Leave ice pack on until you get home. Apply cold icepack for about 15 minutes every 2 hours for the first 24 hours as needed. A sports bra can be worn for extra support, including at bedtime.
2. Keep bandage dry for 24 hours. Do not shower for 24 hours after the biopsy.
3. Warm, dry compresses can be used after 24 hours. Do not use moist compresses.
4. Leave bandage covering and steri-strips on until they come off on their own.
5. Do not swim or hot tub for 14 days or until the biopsy site has healed.
6. For pain relief you may take acetaminophen (Tylenol®) as directed.
7. No heavy lifting and strenuous exercise for the next 24 hours.
8. It is normal to have bruising, a lump, discomfort, and possibly tingling that may last for several days to several weeks.
9. If you develop bleeding that will not stop, pain, fever, or redness around the biopsy site call your family doctor.

References:

American College of Radiology (2013). Stereotactic Breast Biopsy. Retrieved July 21, 2014 from: www.radiologyinfo.org

Love, S.M. & Lindsey, K (2005) Dr. Susan Love's Breast Book (4th ED). USA: First Da Capo Press.

Ottawa Regional Women's Breast Health Centre, (2003) Stereotactic Guided Breast Core Biopsy (Brochure). Author Unknown.

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PRHC
**Breast
Assessment
Centre**

What is a Stereotactic Guided Core Breast Biopsy?

A Guide for Patients
Requiring a Stereotactic Guided
Core Breast Biopsy

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What is a Stereotactic Guided Core Breast Biopsy?

What are calcifications in my breast?

- Calcifications or micro-calcifications are tiny calcium deposits in the breast that are seen on a mammogram.
- Certain patterns or clusters of calcifications can sometimes be a sign of cancer. However, about 80% of calcifications have nothing to do with cancer.
- Calcifications are not related to the amount of calcium you take in your diet.

Why do I need a stereotactic biopsy?

- When calcifications are seen on your mammogram, the radiologist (a specialist medical doctor) wants to make sure they are not a risk to you.
- Often patients with calcifications are sent for special mammogram views.
- If further views do not confirm that the calcifications are benign (not harmful), a stereotactic guided core breast biopsy may be ordered.
- A stereotactic biopsy uses a mammogram machine to find and sample the calcifications.

- In the past, patients with calcifications needed surgery for biopsy.
- A stereotactic biopsy is a nonsurgical method of assessing calcifications.

Do I need to follow any special instructions to be ready for a stereotactic biopsy?

- You can eat or drink before the biopsy.
- Do not wear deodorant or powder on the day of the biopsy.
- If you need to reschedule or cancel your appointment, please let us know as soon as possible at 705-740-8166.
- The procedure will be done in the Breast Assessment Centre (Level 3) at PRHC.

Who will perform the procedure?

The procedure is performed by a radiologist with the assistance of specially trained x-ray technologists.

What happens to me during a stereotactic guided core breast biopsy?

- You will be placed in a chair with your breast compressed similar to a mammogram, but with less pressure.
- The breast will be compressed in this position during the biopsy, so it is important to get as comfortable as possible before the biopsy starts.
- Pictures will be taken to find the calcifications.
- The radiologist will numb the skin with local anesthetic (freezing) and will then take samples of breast tissue with a biopsy device.

- You should not feel pain, but some mild pressure.
- The samples will be x-rayed in another room to make sure they contain the calcifications.
- You will be released from compression and a x-ray technologist will help apply firm pressure to the biopsy site to stop any bleeding.
- A final mammogram will be taken to make sure everything looks ok before going home.
- Most women will be fine to drive themselves, but it is suggested to bring a family member or friend to have as support.
- The entire procedure will take approximately one hour.

When will I find out my results?

The lab analysis takes 3-5 working days. Your family doctor will notify you of the results as soon as they are available.

Will I feel pain after the biopsy?

- You will feel little or no pain.
- Mild bruising is common, as well as tingling or discomfort as the freezing wears off.
- To relieve any discomfort, an ice pack and acetaminophen (Tylenol) are recommended.
- There will be little to no scarring to your breast.