

Ultrasound Biopsy

Please read this before your appointment. Feel free to ask questions.

Ultrasound Guided Needle Biopsy is a test used to find out the cause of an abnormal lump or mass in your body. A radiologist performs the exam. A radiologist is a doctor who specializes in reading x-rays. The radiologist will be assisted an ultrasound technologist.

This exam normally takes about an hour. If you are having a thyroid or breast biopsy you should arrive 15 minutes early. For all other biopsies, we may need you to arrive up to 1 ½ hours before your appointment and at a different area of the hospital. Please ask about this when scheduling.

You are scheduled for an exam at the following HealthEast facility:

- St. John's Hospital
- St. Joseph's Hospital
- Woodwinds Health Campus

Appointment Date: _____ **Time:** _____

Questions about scheduling, call: 651-232-5500

Preparation prior to your biopsy:

- If you take aspirin, ibuprofen or blood thinners you will need to stop taking them before your biopsy. Please ask about the timing for this when you are scheduled.
- Do not have anything to eat or drink for three hours before your appointment.
- Do not take medications for three hours before your appointment.
- If you are diabetic, please check with your doctor regarding the adjustment of your insulin/medication.

The Examination

You may be asked to change your clothes for this procedure. The technologist will explain the procedure to you. They will ask you some questions and answer any questions you may have. An ultrasound will be used to decide the best site for the biopsy. The radiologist will wash the area where the needle biopsy is going to be done. Then the area will be numbed. Sometimes an IV will be started. This is so you can receive fluids and medication during your biopsy.

The radiologist will then use ultrasound to guide a small needle into the mass or lump. You may feel some pressure during the procedure.

The radiologist will use the biopsy needle to remove a tiny piece of the abnormal area. The tissue sample is sent to a doctor called a pathologist. The tissue will be examined under a microscope. Usually, the results of the biopsy are ready in two or three working days. Your doctor will discuss the results with you.

Feel free to ask questions if something is not clear to you. We welcome your comments.

When the Exam Is Completed

After your biopsy:

- You may be asked to stay in the radiology or same-day surgery department for a brief time so the staff can make sure you are all right. Most people go home between one and six hours after their biopsy.
- Take it easy for the rest of the day. Take it easy means to rest and relax, don't work and don't exercise.
- The biopsy area may be tender or sore for one to two days.
- Be sure to call tomorrow to schedule a follow-up office appointment with your doctor to discuss the results of your biopsy.
- Feel free to ask questions if something is not clear to you. We welcome your comments.

At HealthEast, we are dedicated to providing the best possible care. Thank you for taking time to read these instructions. We hope to make your experience as pleasant as possible.

Billing Information

You will receive two bills for this exam.

1. The technical fee is for doing the procedure. It will be from the HealthEast facility. If you have questions regarding this bill, call 651-232-1100.
2. The professional fee is for the radiologist's time. It will be from the radiologist's group. There will be a phone number on the bill that you may call if you have any questions regarding the charge.

Materials provided by HealthEast Patient Education Service. For 24 hour access and referral:
HealthEast Care Connection: 651/326-CARE (2273) · 1-866-326-CARE (toll free)
· www.healtheast.org