

## Breast Core Biopsy

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### **What is a Breast Core Biopsy?**

A breast core biopsy (also called a core needle biopsy) is a procedure that uses a hollow needle to take small samples of tissue from the breast. These samples are sent to a laboratory to check for abnormalities.

### **Why is it Done?**

The test is performed to:

- Investigate a lump or abnormal area found in the breast.
- Determine if a breast change is benign (non-cancerous) or malignant (cancerous).
- Help guide further treatment if needed.

### **Before Your Procedure**

Please tell your healthcare provider if you:

- Are taking blood thinners (e.g., warfarin, aspirin, apixaban).
- Have any allergies, especially to freezing medication, latex, or antiseptics.
- Have a bleeding disorder

### **Preparation**

- You may be asked by your healthcare provider to stop your blood thinners for 3 days prior to the biopsy.
- Wear a comfortable two-piece outfit.
- Do not apply deodorant, powder, or lotion to the breast or underarm area on the day of the procedure.

### **During Your Procedure**

#### **What to Expect**

- The procedure usually takes 15-30 minutes.
- The biopsy will be performed using ultrasound guidance.
- You will lie on the ultrasound bed.
- The area of concern will be cleaned and numbed with a local anesthetic.
- A needle will take several small tissue samples.
- A locator marker may be placed in the area of biopsy.

#### **What You May Feel**

- Pain and burning from the anesthetic
- Pressure and pain during the biopsy

### **After Your Procedure**

#### **What to Expect**

- Swelling, bruising, or tenderness
- A bandage and ice pack are placed over the site
- Results are usually available in 10-14 days

### **Care Instructions**

- Keep the area clean and dry for 24 hours
- Avoid strenuous activity or heavy lifting for 24 hours
- Wear a supportive bra to reduce discomfort
- Apply ice packs (15–20 minutes at a time) if needed
- Take acetaminophen (Tylenol) for discomfort (avoid aspirin unless advised)

### **Possible Risks and Side Effects**

Breast core biopsy is generally safe, but risks may include:

- Bruising or bleeding
- Pain or tenderness
- Bloody nipple discharge
- Infection (rare)
- Formation of a small lump (hematoma)

### **When to Seek Medical Attention**

Contact your healthcare provider or seek urgent medical care if you experience:

- Increasing redness, warmth, or swelling
- Severe or worsening pain
- Fever or chills
- Bleeding that does not stop with pressure
- Drainage from the biopsy site

### **Result and Follow-Up**

- Your provider will discuss your results and next steps
- If results are benign, routine follow-up may be recommended
- If abnormal, further testing or treatment options will be discussed

### **Questions?**

If you have questions about your procedure, please contact your referring healthcare provider or the imaging department at the Hanover & District Hospital 519 364 2340 ext. 223.