

# Care Gram

## Stereotactic Breast Biopsy

### What Is a Stereotactic Breast Biopsy?

A stereotactic breast biopsy is a test performed when a lump or other abnormal tissue change is found in the breast during an exam, mammogram or other imaging study. A sample or small lesion is removed and viewed under a microscope. This test helps determine whether cancer is present.

Stereotactic breast biopsy provides accurate results without surgery or a Hospital stay. The procedure usually does not cause pain or side effects. You can resume your normal activities soon after the test.

Your test will be performed by a radiologist (doctor with special training in the use of medical X-ray).

### Preparing for Your Test

- Report to your doctor concerning all medicine that you are taking, including herbal supplements.
- Tell your doctor if you have any allergies, especially to anesthesia.
- The Radiology Department requests that you stop taking blood thinners 5 to 7 days **before** your procedure. Please check with your doctor to see if you are able to safely stop the use of your blood thinners.
- Inform your doctor about any recent illnesses or medical conditions.
- If you have any questions about your test, please call (220) 546-4718.

### The Day of Your Test

Report to the Women's Imaging Center on the first floor 1 hour before the test. During your test:

- You may be asked to remove some or all of your clothes and put on a gown during the exam.
- You also may be asked to remove jewelry, eye glasses and any metal objects or clothing that might interfere with the X-ray images.
- You will lie face down on a moveable exam table. The affected breast or breasts will be placed into openings on the table.
- The table then is raised and the test is performed beneath the table. If the machine is an upright system, you may be asked to be seated next to the stereotactic mammography unit.
- The breast is compressed and held in position throughout the test.
- The local anesthetic will be injected into the breast to numb it.
- X-ray images (pictures) are taken.
- A very small nick is made in the skin at the site where the biopsy needle is to be inserted.
- The radiologist inserts the needle and advances it to the location of the lesion. X-ray images are obtained to confirm that the needle tip is actually within the lesion.



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1616-0848  
07/17/2018  
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- A vacuum-assisted device is used to remove tissue samples.
- The needle then is removed and a final set of images will be taken. A small marker may be placed at the site so it can be found in the future, if needed.
- Once the biopsy is complete, pressure will be applied to stop any bleeding. The opening in the skin is covered with a dressing. No sutures are needed.
- A mammogram may be performed to confirm that the marker is in the proper position.
- The test usually takes about an hour.

**After Your Test**

- Some bruising is normal and should disappear within a few days. A cold pack and/or over-the-counter medicine may be used to relieve pain.
- Call your doctor if you have excessive swelling, bleeding, drainage, redness or heat in the breast.
- If a marker is left inside the breast to mark the location of the biopsied lesion, it will cause no pain, disfigurement or harm.
- You should avoid strenuous activity for 24 hours after returning home. You usually will be able to resume normal activities following the test.

**Finding Out the Results**

The results will be sent to your doctor. Please contact your doctor for the results of your test.