

Care Gram

Stereotactic Breast Biopsy

What Is a Stereotactic Breast Biopsy?

A stereotactic breast biopsy is a test performed when a lesion, breast calcification, 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 the day after the test.

A radiologist (a doctor with special training in the use of medical X-ray) will perform the test.

Allowing Time

The test usually takes about an hour.

Preparing for Your Test

- Tell your doctor if you have any allergies, especially to anesthesia
- Check with your doctor if you are taking any blood-thinning drugs to see if these medicines can be stopped. Some medicines may need to be stopped for 3-7 days prior to your test. Blood-thinning medicines include:
 - Aspirin or aspirin-type products
 - Ibuprofen (Advil, Motrin)
 - Naproxen (Aleve)
 - Heparin
 - Coumadin
 - Warfarin
 - Effient (prasogrel)
 - NSAID (Bufferin, Celebrex, Indocin)
 - Pletal (cilostazol)
 - Eliquis (apixaban)
 - Aggrenox (aspirin & dipyridamole)
 - Xarelto (rivaroxaban)
 - Pradaxa (dabigatran)
 - Brilinta (ticagrelor)
 - Persantine (dipyridamole)
 - Plavix (clopidigrel)
 - Lovenox and other low molecular weight heparins (arixtra, fragmin, innohep)
 - Certain herbal medicines/supplements, such as St. John's Wort
 - Fish oil
- Inform your doctor about any recent illnesses or medical conditions.

If you have any questions about your test, please call (220) 564-4718.



**Licking Memorial
Health Systems**

1320 West Main Street • Newark, Ohio 43055
(220) 564-4000 • LMHealth.org

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Page 1 of 2

The Day of Your Test

Report to the Women's Imaging Center on the LMH First Floor 30 minutes 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, eyeglasses, 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.
- X-ray images are taken. **It is important to remain as still as possible so you do not move your breast from the proper position.**
- The local anesthetic will be injected into the breast to numb it.
- 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.
- A vacuum-assisted device is used to remove tissue samples.
- A small marker may be placed at the site so it can be found in the future, if needed. The needle then is removed and a final set of images will be taken.
- Once the biopsy is complete, pressure will be applied to stop any bleeding. The opening in the skin is covered with a dressing. Typically, sutures are not needed.
- A light-touch mammogram will be performed to confirm that the marker is in the proper position.

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, bending, and lifting for 24 hours after returning home. You usually will be able to resume normal activities 24 hours after the test.

Finding Out the Results

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