

Ultrasound (US) Guided Biopsy – Soft Tissue

Information for Patients

What is this leaflet about?

This leaflet will provide you with information about Ultrasound Guided Biopsy.

What is an Ultrasound Guided Biopsy?

An ultrasound biopsy uses ultrasound to help the radiologist to place a biopsy needle into the correct location to take a sample of tissue. You will be given a local anaesthetic, similar to the numbing injection you might have had at the dentist, to help numb the area before the needle is inserted.

Why do I need this procedure?

The surgeon, physician or specialist who has referred you has decided that an ultrasound guided biopsy is the best method for diagnosis of your lump. This should have been discussed with you.

If you are not sure this is the correct procedure for you, you should discuss this with your surgeon, physician or specialist.

Preparation

You do not need to stop eating or drinking before this procedure and you can continue to eat and drink as normal. You should wear loose fitting clothing.

If you are taking medication that thins the blood, please read the following:

Warfarin: You will to have your GP check your INR levels:

The INR level needs to be 1.5 or below to have this procedure. Please make an appointment with your GP to arrange / discuss stopping Warfarin to achieve an INR of 1.5

Apixiban or Rivaroxaban: Please stop taking this the day before the procedure and the day of the procedure. You should take your medicine as normal the day after the procedure

Clopidogrel: Please do not take Clopidogrel for 6 days before the procedure and the day of the procedure. Please take your medicine as normal the day after the procedure.

What happens when I arrive for my Ultrasound Biopsy?

When you arrive, please check in at the X-Ray reception desk, staff there will tell you where to sit. You will be called to the procedure room by a member of staff. Once in the room they will discuss the procedure with you. You may need to change into a theatre gown for some procedures; otherwise, you may need to remove items of clothing at the area of biopsy.

The radiologist will ask for verbal consent for the procedure.

About Ultrasound Guided Biopsy

The procedure will involve either sitting or lying on the ultrasound couch. You will be awake throughout the procedure.

The injections are performed using a sterile procedure. The radiologist carrying out the procedure may do an initial scan (using ultrasound) to help mark out the area to be injected. The skin is cleansed using an antiseptic solution or wipe. Local anaesthetic is injected to numb the skin, a small nick is made in the skin, then using ultrasound the needle is guided into position, and the biopsy is performed.

You will hear a click as the biopsy is taken. The radiologist may repeat this to make sure enough samples are taken.

A small dressing/plaster will be placed over the biopsy site.

How long will I be in hospital/clinic?

The procedure takes about 10 to 20 minutes and you can go home immediately afterwards.

In some cases there may be a delay in taking you for your appointment, especially if staff are dealing with an emergency or unwell patient. If you have waited for more than 30 minutes after your appointment time, please inform the reception desk.

Immediate aftercare

You may find that the area injected feels numb or heavy, this is normal and is caused by the local anaesthetic. This takes between 1 and 4 hours to wear off.

Going Home

There are no special requirements for going home after this procedure. There is no restriction to driving as long as you feel safe and able to do so.

Follow-up Care

The results of the biopsy will be sent to the surgeon, physician or specialist that referred you. Your GP will also be sent a copy of the results. The dressing can come off 24 hours after the procedure.

What can go wrong?

Some side effects (complications) are common to all injections

- **Pain, discomfort, bleeding, bruising to injection site**
- **Allergic reaction** – Such as rash or itching.

If you are concerned about whether or not to proceed with the biopsy, you should discuss this with the surgeon, physician or specialist who referred you.

Back to normal life

You can resume your normal activities immediately after the procedure.

Any more questions?

Please contact the surgeon, physician or specialist who referred you.

Cancellation

While we make every effort to avoid this where possible, there is always a risk that your biopsy may be cancelled at short notice. This is due to either emergency patients who require urgent treatment or other reasons which are beyond our control. We realise that this can cause distress and inconvenience, but in the event that your biopsy is postponed, you will be offered a new date as soon as possible.

Keeping your Appointment

If you cannot keep your appointment, or have been given one that is unsuitable, please change it by phoning the number on your appointment letter. Your call will give someone else the chance to be seen and will help us keep waiting times to a minimum.

Public Transport and Travel Information

Bus details available from:

Lothian Buses on 0131 555 6363 www.lothianbuses.co.uk

Traveline Scotland on 08712002233 or www.travelinescotland.com

Train details available from:

National Rail Enquiries on 03457 484 950 or www.nationalrail.co.uk

Patient Transport

Patient Transport will only be made available if you have a medical/clinical need. Telephone **0300 123 1236** *calls charged at local rate up to 28 days in advance to book, making sure you have your CHI Number available. Hard of hearing or speech impaired? Use text relay: **18001-0300 123 1236*** (calls charged at local rate). To cancel patient transport, telephone 0800 389 1333 (Freephone 24 hour answer service).

Interpretation and Translation

Your GP will inform us of any interpreting requirements you have before you come to hospital and we will provide an appropriate interpreter. If you are having this procedure as an existing in-patient, staff will arrange interpreting support for you in advance of this procedure. This leaflet may be made available in a larger print, Braille or your community language.