

Mammary biopsy ultrasound-guided
or stereotactic
(with the help of X-rays)



Introduction

Due to a previous examination, a mammary biopsy has been arranged for you. The examination will take place at:

- Amstelland Hospital: Radiology Department, C32 (yellow route).
- VUmc: at the outpatient clinic, Radiology Department reception F.

The examination

During this examination, the radiologist will use a biopsy needle to remove breast tissue for further examination. The pathologist will examine this tissue under the microscope to make a final determination on the nature of the abnormality. This may take several days.

Ultrasound or special X-ray photos (see below) are used during the biopsy. The radiologist will consider the best way of carrying out the biopsy for each woman.

This outpatient procedure is carried out under local anaesthetic. It is advisable to wear a well-fitting bra. The pressure of the bra on the small wound can reduce the likelihood of a haematoma forming. It is advisable to bring someone with you or to arrange a lift back home.

Biopsy with the aid of ultrasound

You will lie on your back on an examination table. First the radiologist will determine the exact site for the biopsy. The radiologist will numb the skin before making a small incision. The biopsy needle will then be inserted. You will hear a 'click' when the biopsy is taken. This click is generated by the device used to take the biopsy. A minimum of two biopsies will be taken. The examination takes approximately 15 minutes.

Stereotactic biopsy

This is a biopsy with the help of special X-ray photos. To prepare for the biopsy, it may be necessary to take an additional mammography photo. Therefore, it is important to report to the reception of the Radiology Department 10 minutes before your appointment. During the examination, you will lie on your stomach on a special biopsy table.

It is important that you are able to lie on your stomach for a longer time, approximately 30 to 60 minutes. The table has an opening for the breast. During the entire procedure, the breast is slightly compressed.

First, the precise biopsy site is determined, after which the skin is numbed. The radiologist then makes a small incision in the skin, after which the biopsy needle is inserted. Several biopsies are taken. The biopsies are photographed for verification.

Additional biopsies may be required afterwards. After taking the biopsies, a marker is usually inserted. This enables care professionals to always see where the biopsies were taken. This marker is made from titanium and can stay in the breast without causing any side effects.

During the examination, verification photos are taken a number of times. On average, the examination lasts for 45 minutes.

After the examination

After the examination, the biopsy site is covered with an adhesive plaster. The adhesive plaster will stay on for approximately three days. If the plaster falls off naturally (before

this), it is not necessary to replace them. After the biopsy, it is advisable to keep the breast dry, not to exercise or do sports and not to carry out intensive work for the first 24 hours.

The pathologist who examines the tissue will pass the results on to your treating doctor. He or she will then provide you with the results at your next appointment.

Pregnancy

In general, it is undesirable to perform an X-ray examination during the first three months of pregnancy or possible pregnancy. If you are pregnant or breastfeeding, please inform the treating doctor or the lab technician of this. They will determine which examination should be carried out or whether it would be better to schedule a new appointment.

Body lotion

We request you not to use body lotion on the day of the mammography. This makes it more difficult to take photos.

A quick point...

A specific time has been reserved for you. If you are unable to attend your appointment, please report this to the department in good time.

Availability

If you have any questions after returning home or should any unexpected issues arise, you may call the telephone numbers listed below at any time. Outside of office hours, please contact the reception desk at Amstelland Hospital by calling telephone number +31(0)20 - 755 7000 and ask for the evening or night-shift supervisor on duty.

Amstelland Hospital

Telephone number: +31(0)20 - 755 6023

E-mail address: mammapoli@zha.nl

Telephone number of the Surgery Outpatient Clinic: +31(0)20 - 755 7014

Amsterdam UMC, Location VUmc

Telephone number: +31(0) 20 - 444 3391 (available Monday, Tuesday & Thursday)

E-mail address: mammacare.info@vumc.nl

Telephone number of the Surgery Outpatient clinic: +31(0)20 - 444 1100