

Frequently Asked QUESTIONS

How will my referring provider know that I am having a biopsy?

Your referring provider will have sent a referral for this procedure and will receive a report with your results.

How and when will I learn about my results?

During the biopsy procedure we will obtain tissue samples, which will be sent to a pathology laboratory. Once the results are provided by the lab, which may take a few days, a final report with **your results will be sent to your referring provider, who will then explain the results to you** and answer any follow up questions you may have.

What if I have questions about the procedure?

If you have any questions, please contact our Biopsy Coordinator at (253) 301-6600 during normal business hours.

If you would like a mild sedative for your diagnostic procedure, you will need to receive a prescription from your referring provider prior to your appointment. **If you plan to take a sedative, please arrive 30 minutes earlier than instructed to your procedure and bring your medication with you to your appointment. You should not take the sedative before arriving.**

If you choose to take a sedative prescribed by your referring provider, you will be required to have a designated driver check in with you and remain on site during the entire procedure.

Your Appointment

MON TUE WED THU FRI

DATE

TIME

In order to provide you with the best care possible, we ask that you please arrive no later than the time requested.

*For patients who arrive **after** their scheduled appointment time, we may reschedule your procedure to another day.*

If you have any questions about the procedure, **please contact our Biopsy Coordinator at (253) 301-6600.**



The Carol Milgard Breast Center is fully accredited in Mammography by the American College of Radiology (ACR). The ACR only grants the gold seal of accreditation when a breast center provides patients the highest level of image quality and patient safety.

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www.carolmilgardbreastcenter.org

3D-Guided Breast Biopsy



IT MATTERS

*that you are informed
that you are prepared
that you receive expert care*

Carol Milgard Breast Center 

IT MATTERS

that you have the facts.

You've heard the saying that information is power; but it can also provide peace of mind. Being told that you have to return for a diagnostic procedure can be stressful. But knowing the facts and what to expect can help.

What is a 3D-Guided Breast Biopsy?

A 3D-Guided Breast Biopsy is a minimally invasive procedure that uses x-ray imaging techniques to gather tissue samples from a breast abnormality. This biopsy technique is utilized to target and sample lesions which cannot be seen with standard 2D digital mammography but can only be identified with 3D mammography. As with all digital mammography, low-dose radiation is used.

3D-Guided Breast Biopsy is a procedure that can be used, in some instances, as an alternative to more invasive surgical biopsies. Sometimes these abnormalities turn out not to be a problem. If there is a potential problem, early detection is essential and increases treatment options and the likelihood of successful recovery.

At the Carol Milgard Breast Center our specialized physicians are board-certified radiologists who focus solely on breast screenings and diagnostics, so they have the highest likelihood of detecting potential problems early on. Our technologists have also received specialized training and certification in breast imaging.

IT MATTERS

that you know what to expect.

While you are at the Carol Milgard Breast Center, you will experience a safe, comfortable and respectful atmosphere, with soft plush robes, private lockers, and a spa-like setting. We offer specialized care in a technologically advanced facility, and foster close partnerships with area physicians and laboratories.

What Will the Procedure Be Like?

For your 3D-Guided Breast Biopsy appointment, you should plan on being in the center for a couple of hours, which will include all pre- and post-procedure care. The procedure itself will take about 15 to 20 minutes. During this time you will remain still, either in a seated position or lying on your side. The breast being biopsied will be compressed (similar to a mammogram), while 3D mammographic technique is used to help locate the abnormality.

Once the abnormality is located, the area will be cleaned. A radiologist will inject a local anesthetic into your skin and deeper tissues to numb the area. A very small skin incision—approximately 1/4 inch—will be made. Most patients experience some minor discomfort during this procedure.

The radiologist will then use imaging techniques to locate the abnormality and extract several tissue samples to be sent to and interpreted by a pathologist. After the tissue is removed, a small metallic marker will be placed in your breast. This marker is a reference point for future imaging, and confirms that the area of concern has been biopsied. Following your procedure, a mammogram will be performed to document the position of the marker.

IT MATTERS

that you know the before and after.

Most diagnostic procedures are simple to prepare for and have a quick recovery time. With a few easy steps you will be ready for your procedure.

What Do I Need to Do Before My Procedure?

When you schedule your procedure, we will review your health history and any medications you are currently taking. On the day of your procedure, you may eat and drink normally. Please wear a comfortable, loose fitting two-piece outfit, as you will be asked to remove your top prior to the procedure. A soft robe will be provided for your comfort. Please refrain from wearing any powder, perfume, deodorant and/or lotion on your underarms and breasts prior to the procedure.

What Do I Need to Do After My Procedure?

Following your 3D-Guided Breast Biopsy, you will need to wear a supportive bra and keep the gauze dressing that covers your incision clean and dry for the first 24-48 hours. You should ice the biopsy site following the procedure. Detailed self-care instructions will be provided to you immediately following your biopsy.

Avoid any strenuous activity for 48 hours following your procedure, especially activities that involve repetitive movement of the chest and arms, such as lifting, vacuuming, swimming, and exercising.



If you have questions or are curious about the procedure at any time, do not hesitate to ask your technologist or radiologist. **It's important that you are informed!**