

Frequently Asked QUESTIONS

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

Your referring provider will receive a report with the Cyst Aspiration recommendation and will have signed an order for this procedure. In some cases, specimens are sent to pathology.

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) 680-3638 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) 680-3638.**



The Carol Milgard Breast Center is fully accredited in Ultrasound-Guided Breast Biopsy 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.

Carol Milgard
Breast Center
A Franciscan—MultiCare—TRA Collaboration



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08.2014

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Cyst Aspiration



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 Cyst Aspiration?

A Cyst Aspiration is a procedure used to drain a breast cyst. The vast majority of cysts are benign, though some are quite tender. Aspirating the fluid from a cyst may alleviate symptoms. If the cyst is not benign, 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 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 Cyst Aspiration 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 minutes. During this time you will be lying still on your back. An ultrasound technologist will make sure that you are comfortable, and then apply a gel that is used to help improve the contact between the hand-held ultrasound transducer and your skin. The gel may feel a little cold. The technologist will obtain images by gently pressing and rolling the transducer over areas of your breast or underarm.

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. The radiologist will then drain the cyst. Most patients experience some minor discomfort during this procedure.

In some cases, we may place a small metallic marker in the area where the cyst was drained. This marker is a reference point for future workups if needed, and confirms the area of concern has been drained. Following your procedure, a mammogram may 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 Cyst Aspiration, you will need to wear a supportive bra and keep the gauze dressing clean and dry for the first 24-48 hours. You should ice the site of the aspiration following the procedure. Detailed self-care instructions will be provided to you immediately following your cyst aspiration.

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!**