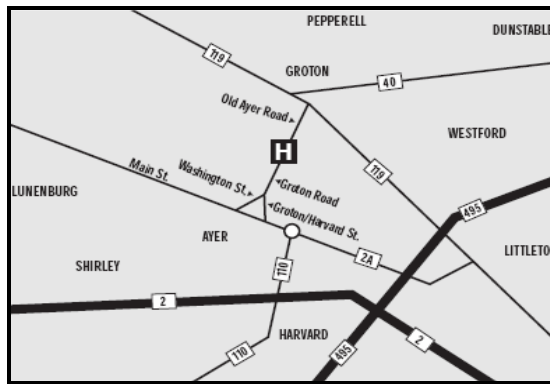


How to prepare for the exam:

- Tell the Diagnostic Imaging staff what medications you take (including Aspirin, Ibuprofen, or Aleve). You should stop taking them one week prior to your test date. Tylenol is allowed. You may need to have blood tests done prior to the procedure depending on the medications you take on a regular basis.
- Wear a top that is easily removed and a comfortable bra
- Bathe before your procedure. Do not wear perfume, deodorant, powder or lotion under your arms or any other substance on your skin.
- Eat a normal meal prior to your biopsy. You do not need to fast.
- Try to empty your bladder before the procedure to help you be more comfortable on the table.

This brochure is intended to provide basic information to our **Biopsy** patients. If you have any remaining questions about your exam, please consult your physician or Diagnostic Imaging Staff.



From the NORTH:

SOUTH on Rt.495 to Littleton Common/Groton Exit 31, Rt. 119. Head WEST toward Groton on Rt. 119. Left on Old Ayer Rd., just before Groton Center. Old Ayer Rd. becomes Groton Rd. Travel 2.0 mi. Hospital is on the right.

From the SOUTH:

NORTH on Rt.495 to Rt.2 WEST. Follow Rt. 2W to Ayer/Harvard Rt.110 Exit 38B. Follow to 110 to Ayer rotary, turn right off rotary onto Main St., immediately beyond McDonald's. Follow Main St. .3 mi. Take first Right, onto Groton-Harvard Rd. Go straight at blinking red light. At Stop sign bear right onto Groton Rd. Hospital is on the left at the top of the hill.

From the WEST:

Follow Rt.2 E to Ayer/Harvard/ Rt.110 Exit 38 B and follow directions "from the South".

From the EAST:

Follow Rt.2 W to Ayer/Harvard/Rt.110 exit 38 B and follow directions "from the South".

Your appointment is scheduled for

DATE: _____

TIME: _____

**PLEASE ARRIVE 30 MINUTES EARLY AT
OUT-PATIENT REGISTRATION**

11-4-08/jat

Stereotactic Biopsy

Knowledge is the Best Defense



Nashoba Valley Medical Center
Mammography
200 Groton Rd.
Ayer, MA 01432
Ph: 978-784-9272
Fax: 978-784-9550

What is Stereotactic Breast Biopsy?

Stereotactic breast biopsy uses a special needle to take tiny samples of your breast tissue that can then be studied under a microscope. During this procedure, an x-ray helps locate the tissue to be removed. Stereotactic biopsy may prevent the need for an open (surgical) biopsy by determining that the area of concern is benign (not cancerous).

- ❖ Stereotactic biopsy is a common, safe procedure. Though rare, it does have some risk associated with it. These include, bleeding, infection, and failure to obtain a sample that allows conclusive diagnosis.
- ❖ A Stereotactic biopsy removes tiny samples of the suspect tissue using special equipment designed to minimize patient discomfort and maximize accuracy of the biopsy sample.
- ❖ A Stereotactic biopsy includes the use of digital mammography and therefore, requires compression of the breast to allow low-dose imaging.
- ❖ For a Stereotactic biopsy, local anesthetic is used. There is no sedation involved. If you feel that you need medication to help you relax during the biopsy please request this prescription from your physician in advance.

What should I expect during the Exam?

Image-guided, minimally invasive procedures such as stereotactic breast biopsy are performed by a specially trained radiologist.

Stereotactic breast biopsies are done on an outpatient basis.

You will lie face down on a moveable exam table and the affected breast or breasts will be positioned into openings in the table. The table is then raised and the procedure is then performed beneath it. The breast is compressed and held in position throughout the procedure. A local anesthetic will be injected into the breast to numb it. Several stereotactic pairs of x-ray images are taken. A very small incision is made in the skin at the site where the biopsy needle is to be inserted. The radiologist then inserts the needle and advances it to the location of the abnormality using the x-ray and computer generated coordinates. X-ray images are again obtained to confirm that the needle tip is actually within the lesion. Tissue samples are then removed using a Vacuum assisted device. With a vacuum-assisted device (VAD), vacuum pressure is used to pull tissue from the breast through the needle into the sampling chamber. Without withdrawing and reinserting the needle, it rotates positions and collects additional samples. Typically, eight to 10 samples of tissue are collected from around the lesion. After the sampling, the needle will be removed. A final set of images will be taken. A small marker may be placed at the site so that it can be located in the future if necessary. Once the biopsy is complete, pressure will be applied to stop any bleeding and the opening in the skin is covered with a dressing. No sutures are needed. If a biopsy marker is placed, a mammogram will be

performed to confirm that the marker is in the proper position. You will then change and be given a cold pack for the biopsy site and be allowed to go home. You will be instructed to avoid any strenuous activity and any activity that would cause strain on the biopsy area. **For this reason, we ask that you arrange for a ride home.**

Please allow a total of two (2) hours for your entire visit from check-in to check-out.

Who interprets the results and how do I obtain them?

A radiologist, a physician specifically trained to supervise and interpret radiology examinations, will analyze the images and send a signed report to your primary care or referring physician. The tissue sample will be evaluated by a pathologist, a physician specially trained to interpret and diagnose the changes in tissue caused by disease, who will determine a sufficient sample was obtained and the final diagnosis. Once the pathology report is available, you will receive a call from either a radiologist or your physician. If your results come back with a benign finding (not cancer), you will need to schedule a mammogram in six months to check the area for any changes. If your results show anything other than a benign process, the radiologist or your physician will discuss your treatment options at the time of their call.

PLEASE CALL THE DIAGNOSTIC IMAGING FILE STAFF AT 978-784-9000 EXT 4286 TO MAKE ARRANGEMENTS TO PICK UP YOUR IMAGES ON DISC OR FILM.