Medical Imaging
What You Need to Know About Your Biopsy

Information for patients and families

Read this information to learn:

• what a biopsy is
• how to prepare for the procedure
• what to expect
• how to care for yourself when you get home
• who to call if you have any questions
What is a biopsy?
A biopsy is a procedure that removes a sample of your tissue so doctors can look at it more closely. A doctor with special training called a radiologist does the procedure.

How do I prepare for my biopsy?

Before the procedure:

☐ Do your blood tests (CBC, PT, aPTT, INR, Cr) within 30 days of your biopsy. Your doctor who scheduled you for the procedure will give you an order form for these blood tests. Go to the 1st floor, Central Lab to do the tests. You don’t need to make an appointment. You can also do your blood tests at any lab in your community.

If you have a bleeding disorder or you are taking any anticoagulants, you need to repeat your blood tests 24 hours before the biopsy.

Important: If you don’t do your blood tests (CBC, PT, aPTT, INR, Cr), the hospital may have to cancel your biopsy.

• Some medicines may increase your risk of bleeding during or after your procedure. Your primary health care provider may tell you to stop taking these medicines for a certain number of days before your procedure.

• Tell your doctor or health care provider if you are taking these medicines:
  ▪ antiplatelets (for example Plavix, Brillinta)
  ▪ NSIADS (for example ibuprofen, naproxen)
  ▪ anticoagulants, for example Coumadin or any injections such as enoxaparin

• Note: This is not a complete list. Contact your family doctor or primary health care provider to review the medicines you are taking.

Important: Speak to your doctor or primary health care provider before stopping any of the medicines listed above or in the table below. The table is only a guide. Your primary health care provider must make the decision if it is safe for you to stop taking your blood thinners for your biopsy.
<table>
<thead>
<tr>
<th>Type of biopsy</th>
<th>Type of blood thinner and what to do:</th>
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<tbody>
<tr>
<td></td>
<td>Antiplatelet</td>
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<tr>
<td>• Kidney</td>
<td>Stop 7 days</td>
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<tr>
<td>• Liver</td>
<td>before the biopsy</td>
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<tr>
<td>• Lung</td>
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<td>• Pancreas</td>
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<td>• Spleen</td>
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<td>• Cervical or spinal</td>
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<tr>
<td>• Abdominal mass</td>
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<td>• Lymph nodes</td>
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<td>• Omental</td>
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<tr>
<td>• Peritoneal</td>
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<td>• Bladder</td>
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<tr>
<td>• Chest wall</td>
<td>before the biopsy</td>
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- For your safety, plan for someone pick you up after your biopsy or your biopsy will be cancelled. Plan to have someone stay with you overnight when you return home.

- Bring all of the medicines you take and a list of all the medicines you take with you to your appointment. This includes over-the-counter medicines like cold remedies, herbal supplements and vitamins.

- Plan to take a full day off from work, school or other activities. Please plan to have someone look after any young children you may be caring for.
The day of your procedure:

- Don’t eat or drink anything 8 hours before your biopsy. You may have liquids (sips of water) up to 6 hours before your biopsy.

- Don’t take any insulin the morning before your biopsy. Bring your insulin and your syringes to the hospital in a bag with your name on it.

- Unless your doctor gave you different instructions, you can take all other medicines you would normally take with a sip of water (except for blood thinners, NSAIDS and antiplatelet medicine).

- Write your name on any special equipment you may need to bring with you, such as:
  - oxygen or puffers
  - supplies for your feeding tube (if you have one)

- Bring your health card (OHIP) card. If you do not have an OHIP card, please bring another form of government-issued photo ID (such as a driver’s license, passport, or other provincial health card).

- Check in at the Medical Imaging Reception Desk 1 hour before your appointment. We use this time to get you ready for your procedure.

After you check in:

- We bring you to the Medical Imaging Day Unit (MIDU).
- We ask you to change into a hospital gown.
- A nurse asks you questions about your health and medicine history.
- The nurse gives you an intravenous (IV) line so that you can have pain medicine and medicine to relax you during your biopsy.
- A radiologist talks to you about the biopsy and answers any questions you may have.
- The radiologist asks you to sign a consent form. Signing this form means you agree to have the biopsy.
What can I expect during the biopsy?

1. We take you to the biopsy room on a stretcher.

2. The area of your body where the biopsy happens is cleaned with an antiseptic (germ killing) fluid. This reduces the risk of infection.

3. The radiologist uses a small needle to give you a local anesthetic (numbing medicine) in that area of your body. You will feel a sting, but your skin becomes numb within a minute or so.

4. Once the area is numb, your radiologist places an ultrasound probe on top of your skin. The radiologist can now see a picture of the inside of your body on a screen nearby.

5. The radiologist uses this picture to guide a biopsy device to the right place in your body, so they can take a sample of your tissue.

6. At the end of the biopsy, the puncture site (area on your skin where the biopsy was done) is covered with a bandage.

What can I expect after the biopsy?

• We take you to the MIDU to recover. You are on bed rest for about 2 to 4 hours. You may need to stay a little longer if you need special care.

• When your health care team feels you are ready to go home, they remove your IV line. They give you written instructions for how to care for yourself at home that is specific to the biopsy you had.

• You cannot drive yourself home after your biopsy. Have a responsible adult drive you home. For your safety, don’t use public transit to get home.
What should I do when I leave the hospital?

• Relax for the rest of the day.
• Keep the bandage over your biopsy site dry on the first day. You can remove the bandage after 24 hours.
• You can shower the next day.
• No baths or swimming for the next 48 hours.

For the next 24 hours:
• Don’t drink alcohol or take medicines that make you drowsy, such as sedatives or tranquillizers.
• Don’t drive a car or use any heavy machinery.
• Don’t make any legal or financial decisions. Don’t sign any papers.
• Don’t exercise.

For the next 2 to 7 days:
• Don’t lift anything over 10 pounds (5 kilograms) for 48 hours.
• Don’t travel on a plane for at least 7 days after your biopsy.

If you had a liver biopsy or chest wall biopsy: You may feel pain in the right shoulder or under ribs after the biopsy. This may last for a few days.

If you had a kidney biopsy: You may have some blood in your urine (pee) for 3 to 5 days after your biopsy. The bleeding should decrease over this time.

Call your doctor or go to the nearest emergency department if the bleeding gets worse or lasts longer than 1 week.

Talk to your doctor before you take any medicines that could increase your risk of bleeding. These medicines are listed on page 3 of this handout.
What problems should I watch for?

Call your doctor or go to the nearest emergency department if you see signs of bleeding or infection:

- your heart starts to beat very quickly
- you have pain and it gets worse even after taking pain medicine
- you feel faint
- you begin to sweat a lot
- your biopsy area swells up, becomes red, or pus (a thick yellow liquid) begins to come out
- you have a fever over 37.5° C or 99.5° F

If you had a lung biopsy

Call your doctor or go to the nearest emergency department if you:

- suddenly begin to breathe faster
- have pain in your chest or upper back
- find it hard to breathe
- begin to sweat a lot
- you notice your skin changing colour
- become anxious (worried or stressed)

Don’t smoke after a lung biopsy.
When is my follow-up visit?

Call your doctor to make a follow-up appointment or to talk about your biopsy results.

It can take up to 1 week for the biopsy results to come back.

Who should I call if I have any questions?

Call the doctor who scheduled your biopsy.