

How to contact us?

Toll-free booking line

1-866-752-6989 or 416-281-7299

Toll-free fax line

1-866-752-6990 or 416-281-7483

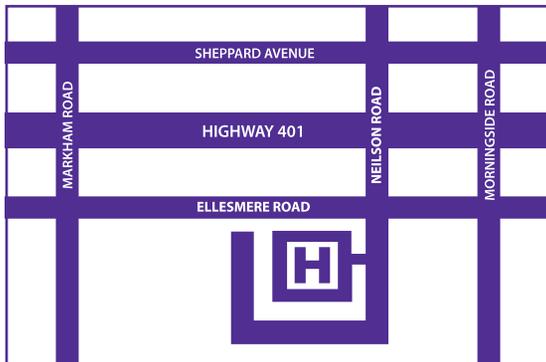
Rouge Valley Ajax and Pickering

580 Harwood Avenue, Ajax
905-683-2320



Rouge Valley Centenary

2867 Ellesmere Road, Toronto
416-284-8131 ext. 4135



Our mission at **Rouge Valley Health System** is to provide the best health care experience for our patients and their families.

Our vision is to be **the best at what we do.**

Our hospital campuses:

Rouge Valley Ajax and Pickering

580 Harwood Avenue
Ajax, ON L1S 2J4
905-683-2320

Rouge Valley Centenary

2867 Ellesmere Road
Toronto, ON M1E 4B9
416-284-8131

Stereotactic Biopsy



Diagnostic Imaging



The best at what we do.

www.rougevalley.ca

What you should know...

Your doctor has advised a breast biopsy because an abnormality was found on your mammogram. The majority of breast biopsies yield negative results (no signs of cancer). However, if a cancer is found at an early stage, a women's chance for recovery is great.

What is a stereotactic biopsy?

A **stereotactic breast biopsy** is a simple procedure performed by our team of breast imaging specialists. Advanced computer image technology is used to locate the abnormal appearing area of interest.

This allows the radiologist to remove a small section of suspicious tissue. The sample is then taken to the lab to be reviewed by a pathologist.

How is the biopsy done?

On the day of the biopsy, the technologist and the radiologist review the procedure with you and answer any questions you may have. You will be positioned on a specially designed table.

Your breast will be compressed and held in a fixed position for approximately 30 minutes to one hour to ensure the accuracy of the procedure. Initial digital x-ray films will be taken to locate the abnormality.

The area to be sampled will be cleaned and numbed with local anaesthetic injected into the skin and breast tissue. As samples are taken, you may hear a suction sound from the biopsy instrument.

A dressing will be placed over the breast after the procedure, and an ice pack will be placed on the breast for 20-30 minutes. You will be observed for this time, and will be allowed to leave once we are satisfied your condition is stable. It is mandatory that you arrange for someone to drive you home.

What are the risks?

- Bleeding and bruising are common.
- Infection is a rare complication.
- Allergy to freezing/local anaesthetic is very uncommon.
- Puncturing the chest wall and lung is very rare.

What are the advantages?

- About 80 percent of breast lesions found are benign (not cancer). Once cancer has been ruled out, the need for surgery is often eliminated.
- Stereotactic biopsies are performed as an out-patient procedure; there is no need for hospitalization.
- The biopsy takes approximately one hour; and once the biopsy has been completed, you may leave after a 20-30 minute observation period
- Unlike a surgical biopsy, there is no significant scarring within the breast which can complicate future mammographic interpretation

Before the biopsy

There are several things that you should do to make this procedure easier and more efficient:

- Discuss any medications you are taking with your surgeon/referring doctor and the booking office when you make your appointment (you will be asked to refrain from taking blood thinners, Aspirin® or any aspirin-like products).
- Avoid the use of underarm deodorant, powders, oils or creams (underarm area must be clean and dry).

- Eat a light meal the morning of the procedure.
- If you do not speak english, please arrange to have a translator present on the day of your procedure.
- Arrange for a drive home.

After the biopsy

You may experience some soreness after the procedure. You can return to your usual routine, but avoid any strenuous activity—such as heavy lifting—for 48 hours. You can remove the dressing and shower after 48 hours. There may be minimal oozing for the next few days; usually a band-aid will be adequate.

Bruising and soreness may be limited with the application of ice (10 minutes, 3-4 times a day). Your breast should heal quickly, but if you begin to feel pain, you may take plain acetaminophen (i.e. Tylenol®). Although complications are rare, if you notice any prolonged pain, redness, swelling, heat or excessive discharge or bleeding, contact your doctor.

Your surgeon or referring doctor will receive the pathology results within approximately two weeks. If a follow-up appointment has not already been scheduled, you should arrange for one to review the results with your doctor.