

Integrated, women-centered care makes Princeton Radiology the right choice for women's imaging services.

🕒 **Proactive approach to breast health.**

With services like 3D digital SmartMamm,™ including a lifetime risk assessment, we help you and your doctor formulate the right screening regimen for you.

🕒 **Women's imaging expertise.**

Study interpretations performed by board certified women's imaging subspecialists.

🕒 **We respect your time.**

Fast scheduling, less time in the waiting room, and prompt results to your doctor.

🕒 **Patient-friendly hours.**

Daytime, evening and weekend appointments available.

🕒 **Conveniently accessible.**

Easy access to comprehensive women's imaging services with ample parking at five locations.

🕒 **Patient-focused care.**

Our goal is to provide you with the most comfortable and positive experience possible.



609.921.8211  
[www.PrincetonRadiology.com](http://www.PrincetonRadiology.com)

**Princeton**

Princeton Healthcare Center  
419 N. Harrison Street

🕒 **Monroe**

Monroe Centre at Forsgate  
9 Centre Drive

**Mercerville**

Quakerbridge Office  
8 Quakerbridge Plaza

🕒 **Freehold**

Medical Arts Building  
901 W. Main Street

**Marlboro**

Northpoint Professional Building  
176 Route 9 North

- 🕒 Ultrasound-Guided Breast Biopsies are performed in Monroe and Freehold.



## Ultrasound-Guided Breast Biopsy





## What is an ultrasound-guided breast biopsy?

A breast biopsy removes tissue from a suspicious area in the breast for evaluation in a laboratory. In the past, biopsies were invasive surgeries with significant recovery time. An ultrasound-guided biopsy, however, is a minimally invasive procedure performed at our outpatient centers. Doctors use ultrasound to guide a special needle that removes tissue through a small incision. That means a faster procedure, less discomfort, and faster recovery.

### Why do I need one?

Doctors order ultrasound-guided breast biopsies after discovering a suspicious area in the breast. This can happen through a mammogram or ultrasound, self-examination, or physical examination by a physician. While biopsies sometimes confirm cancer, there are many other causes of abnormalities, such as benign cysts or hardened areas. Biopsies provide answers and help doctors plan treatment when needed.

### How do I prepare?

- 1 Inform your doctor of all medications and supplements you take.
- 2 Tell your doctor about any medications you are allergic to and any recent illnesses or medical issues.
- 3 Your physician may ask you to stop taking blood-thinning medications, such as aspirin or Coumadin, for up to seven days before your procedure. If you must take a blood-thinner, a different medication may be prescribed temporarily.
- 4 Seven days before your breast biopsy, please stop taking Vitamin E, Cod Liver Oil, Fish Oil, and over-the-counter drugs containing aspirin or ibuprofen (such as Motrin or Advil). Please also stop eating Kashi cereal.
- 5 Wear comfortable, loose-fitting clothing on the day of the exam—we recommend a two-piece outfit.

### What will the procedure be like?

The procedure is designed to meet the diagnostic need while minimizing discomfort. Plus, our team will go the extra mile to keep you comfortable. The procedure usually takes 10–15 minutes, and the entire appointment about one hour.

- 1 We will show you to a private area to undress from the waist up, including your shirt and bra. We will provide a gown.
- 2 A physician specializing in interventional radiology will perform your procedure.
- 3 You will lie on an examination table, face-up or turned slightly on your side.
- 4 To numb your breast, we will inject a local anesthetic.
- 5 The radiologist will use an ultrasound transducer to locate the lesion in the breast and then make a very small incision for the biopsy needle.

- 6 The radiologist will use one of two techniques:
  - In a **fine needle aspiration**, the physician draws fluid or cell clusters into a syringe.
  - In a **core needle aspiration**, an automated mechanism inserts and withdraws a needle 3–6 times to extract tissue.
- 7 The physician may place a small marker to help locate the biopsy site in the future, if needed.
- 8 Pressure and an ice pack will be applied to the incision area to stop bleeding. The incision will be closed with sterile strips, and covered with a dressing. Leave the strips in place for 2–3 days.
- 9 A mammogram with light pressure may be performed to ensure correct positioning of the marker.
- 10 Avoid strenuous activity or heavy lifting for 24 hours following the procedure. You should then be able to resume normal activity.
- 11 Tylenol and ice are recommended as needed for any discomfort.
- 12 You may shower the day after the biopsy.

### When will I receive my results?

Generally, you can expect results to be sent to your doctor within 3–5 business days. In some cases, special testing of the tissue may be necessary, requiring additional time. The radiologist performing the procedure will provide more information on when and how your results will be communicated.

