



## What is an ultrasound-guided breast biopsy?

An ultrasound-guided breast biopsy is often recommended based on an abnormal finding on a breast ultrasound. Most breast lumps or other changes are not cancer.

A biopsy is a procedure to remove all or part of a breast lump or other abnormality. A pathologist looks at the tissue under a microscope to see if cancer is present. A biopsy is the only way to know for sure if a breast change is benign (not cancer) or malignant (cancer). There are different types of biopsies. Surgical biopsy often needs to be performed in a surgical facility under general anesthesia. Ultrasound-guided, MRI-guided, and stereotactic breast biopsy using digital mammography or 3D mammography can be performed at ARA's radiological facilities using local anesthesia. All of these methods are faster, more comfortable, less expensive and less invasive than a surgical biopsy.

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\* Locations offering stereotactic breast biopsy. Please call (512) 453-6100 to make your appointment.

## Ultrasound-Guided Breast Biopsy

What you need to know



June 2023

**SCHEDULING**  
**(512) 453-6100**

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### What happens during an ultrasound-guided biopsy?

Prior to the biopsy, a technologist and radiologist will explain the procedure thoroughly and answer any questions you may have. You will be asked to lie on your back or side. The suspicious area in your breast will be located by placing a transducer (a device that sends sound waves into the body and converts the returning waves into an electrical signal) on your breast and scanning the area. Once the area is located, your breast will be cleansed. The radiologist will numb the area with a local anesthetic. A biopsy instrument will be inserted into the suspicious area using guidance from the ultrasound unit and then tissue samples are taken. A small titanium clip will be placed in the sampled area to mark the biopsy site. A mammogram of that breast will be performed to verify clip placement. Most patients report little or no discomfort from the biopsy.

After the biopsy, a bandage will be placed on the area. There is usually very little bleeding from the biopsy area and there is little or no scarring. The breast biopsy procedure takes approximately 5 minutes; however, you will be on the stretcher 20 to 30 minutes and in our office for about one to one and a half hours.

### What can you expect after the biopsy?

Please plan to relax the day of your biopsy. We also request that you avoid strenuous activities such as aerobics, running or lifting heavy objects for the remainder of the day.

### How will I find out the results of my test?

The biopsy results are usually back within two business days. However, it may take longer depending on the type of insurance you have and the lab selected. Please call your physician for your test results.



### Instructions for the procedure

- Be prepared for the exam to last approximately one to one and a half hours from start to finish.
- Wear comfortable, two-piece clothing. Please wear or bring a tight fitting bra to wear after the procedure.
- If you take any blood thinning medications, aspirin or products containing aspirin, please contact our office for instructions on discontinuing the medications prior to your biopsy.
- You may eat normally and take your usually prescribed medication except blood thinners and products containing aspirin.
- Tylenol may be taken after the procedure and cold compresses can be used to relieve any discomfort in your breast.

To schedule an exam  
or for further questions, please visit  
[ausrad.com](http://ausrad.com) or call (512) 453-6100.