

# Taking a sample of your breast using ultrasound

## Breast Imaging

Information for Patients

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### Introduction

If an abnormal area in your breast is found after a mammogram or ultrasound scan, you may need to have more tests to find out what this is.

This is done by taking a sample (biopsy) of the abnormal breast tissue so it can be looked at under a microscope. There are several types of breast biopsy procedures. The type of biopsy that you will have, will depend on the location and size of the lump or area of concern.

An ultrasound guided breast biopsy uses sound waves to help find the abnormality. This method is often used when the abnormality can be felt, such as a lump or when the abnormality is not visible using X-rays (a mammogram).

The procedure will take 15 to 30 minutes. You may eat and drink as normal before it.

We hope this leaflet will answer some of the questions that you may have.

### What are the benefits of this procedure?

It is less invasive than surgical biopsy and leaves little to no scarring.

The results from this biopsy can show whether there is a cancer or another condition which may need treatment. A large number of abnormalities turn out to be non-cancerous (benign), with no risk to your health.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Are there any risks?

- Bruising: about 1 in 10 patients will have bruising after a biopsy. This risk is lowered by a member of the team pressing firmly on the area after the biopsy.
- Bleeding: some bleeding is expected with a biopsy however more severe bleeding can occur in about 1 in 100 patients, this risk is low. A member of staff will press on the site after the biopsy to stop any bleeding that may occur.
- Infection: any procedure where the skin is broken carries a risk of infection, the risk of infection linked with this biopsy is 1 in 10,000, very low. All effort is taken to keep this risk as low as possible.
- Pain: the area being biopsied is made numb with local anaesthetic. It is normal to feel pressure and movement during the procedure but not pain. As the local anaesthetic wears off (after a few hours) we recommend paracetamol for any pain or discomfort.

## How is the procedure done?

- During the procedure you will lie on your back or side on an ultrasound table.
- An ultrasound probe is held against your breast to produce pictures of your breast. This helps to guide a biopsy needle to the exact area of concern.
- Local anaesthetic is given to make the area numb and the area is then thoroughly cleaned.
- The biopsy needle is inserted into the area and the samples are taken. The biopsy needle makes a clicking sound and several samples may be collected. They are sent to the laboratory to be looked at under a microscope.

## Having a marker inserted in your breast during the procedure

Sometimes a small metal clip (or marker) is placed in the breast where the biopsy was taken from. This is so the area can be found again if a further biopsy or surgery is needed.

This marker is made of titanium and will not cause you any problems. It will not set off airport security alarms and is safe if you have an MRI scan in the future. It can stay in your breast forever without you being aware of it.

## Care after your biopsy

When the sample has been collected, a member of staff will press the breast firmly until any bleeding stops. They will then put a dressing on.

Please leave the dressing in place and dry for 24 hours and do not do any tiring activity, exercise or heavy lifting for the rest of the day. Other than this you can carry on with your normal routine. You will be able to drive the same day.

If you have any bleeding from the sample site apply firm pressure over the dressing for 10 to 15 minutes. If Steri-Strips have been put over the sample site, let them fall off themselves.

## When will I get the results of the biopsy?

Before you leave we will give you a follow-up appointment for your results. This will normally be within 2 weeks.

If the results are not ready, we may have to contact you to re-arrange your appointment at short notice.

## Contact details

If you have any questions, please contact the breast care nurse team at the Breast Care Centre on **0116 250 2513** Monday to Friday 9.00am to 4.00pm

An answerphone service is available on this number, but messages are only listened to during working hours.

If you need advice outside of these hours please contact:

- your on-call GP.
- NHS helpline on 111 (24 hours).
- Ward 34 Glenfield Hospital (Monday to Friday, 24 hours) 0116 250 2490.
- Surgical Admissions Unit (weekends and Bank Holidays) 0116 258 5332.

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