



## Image guided biopsy: aftercare

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You have had an image guided biopsy of your \_\_\_\_\_  
where we took tissue samples to find out what is wrong.

This was performed by Dr \_\_\_\_\_

Date and time: \_\_\_\_\_

Blood pressure/Pulse on discharge: \_\_\_\_\_

Clinical condition on discharge: \_\_\_\_\_

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### What to expect afterwards:

- Rest, take it easy and avoid strenuous activity for the next 24-48 hours.
- You may have pain, bruising and discomfort near or around the incision site. This should improve over the next 24-48 hours. Please take painkillers for relief either at home or ask the nursing staff if you are still in hospital.
- Slight oozing from your wound site is normal. If you see fresh blood or bleeding, put pressure on it immediately. If it does not stop after 10 minutes of pressure, then call for help - please attend the Emergency Department (A&E) or call 999.

### When to seek help

Please contact us if you experience:

- New fresh or increased bleeding.
- Light headedness, dizziness, nausea, clammy skin, blurry vision and loss of consciousness. This may indicate internal bleeding and you should get in contact immediately.
- Pain that is not controlled with painkillers.

**Please bring this information sheet with you if you seek medical attention.**

### Pain relief

If you have the following painkillers at home, take as follows if it is safe for you to do so:

- **Paracetamol** – do not take more than 8 tablets in 24 hours (unless you have been advised otherwise i.e. you have a reduced liver function).
- **Anti-inflammatory** – Ibuprofen, Aspirin, etc. You can take one of these in addition to paracetamol if you have moderate pain (unless you have been advised otherwise i.e. you have a duodenal ulcer).

As healing occurs, you will feel less pain. Once your pain is controlled and is mild, you should only take paracetamol. If your pain remains severe for more than three days or is not relieved by your painkillers, you should contact your GP.

## **Looking after your wound**

Try to keep your wound dry for the next 24-48 hours after which you can remove the dressing and clean it normally. If you find your wound is still open, redress it with a plaster until it heals.

## **When can I resume my normal lifestyle?**

This will depend on how soon you recover. You should be able to resume most normal activities of daily living within 24 hours.

## **When can I drive?**

If you have been given local anaesthetic only, you may drive later in the day. You should consider whether your wound or pain may prevent you from driving i.e. being able to perform an emergency stop comfortably. If you were given sedation then you should not drive for the next 24 hours (see separate information sheet).

## **Biopsy results**

The results of your test will go to your referring doctor (usually between 7-10 days). They should contact you or arrange a follow-up appointment to see you in clinic.

## **Contact us**

Radiology Day Case Unit on 0118 322 8368 (Monday-Friday 8.30am-5pm).

Out of hours, please attend Royal Berkshire NHS Foundation Trust Emergency Department or your nearest Emergency Department (A&E).

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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| <b>Please ask if you need this information in another language or format.</b> |
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