



# Ultrasound guided core biopsy

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**This leaflet tells you what to expect during an ultrasound guided core biopsy of your breast(s).**

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## What is an ultrasound guided core biopsy?

An ultrasound guided core biopsy is the way in which we take a sample of breast tissue so it can be looked at under the microscope in the Pathology Department. The ultrasound machine is used to guide the radiologist or consultant radiographer (X-ray specialist) to the area from where we want to take the sample of tissue.

## Why did I need this test?

You have had this procedure carried out because there is an area in your breast tissue that we needed to do some further investigations on, in order for a diagnosis to be made.

## Results

You will get an appointment to return for the results before you leave the clinic. The follow up appointment is usually one week from the date of biopsy and is held in the Breast Screening Unit in Craven Road, unless informed otherwise.

## Aftercare

- **Pain:** The local anaesthetic you received to numb the area will wear off after a few hours and your breasts may feel sore and uncomfortable. A mild painkiller, such as Paracetamol may be taken to ease any discomfort. Always follow the instructions on the packet and never take more than the recommended dose. It is important to check that the painkillers do not react with any other medicines you take.
- **The dressing:** The dressing applied should be left on for 48 hours and kept clean and dry. After 48-hours, take the dressing off in the shower/bath. If you experience any skin irritation from the dressing, please remove immediately and replace it with another suitable dressing, e.g. large plaster.
- **Bruising:** The amount of bruising after this procedure varies widely. Any bruising around the biopsy area should take one or two weeks to clear up. In addition, the area may feel lumpy from bruising under the skin, this is normal after a biopsy.
- **Infection:** Although we take great care to prevent infection, there is a small possibility the wound may become infected. If there is any pus present or the skin becomes red or feels hot or swollen, please contact your GP or a breast care nurse.
- **Bleeding:** In the unlikely event there is a small amount of bleeding, apply firm pressure with a dressing or tissue over the original dressing for five minutes and it should stop. If the bleeding continues, please contact your GP or a breast care nurse.

- **Exercise:** Rest on the day of the biopsy and avoid any heavy lifting or other heavy jobs. Also, avoid swimming or sport for 48 hours after the biopsy.
- **Bra:** Underwired bras can be worn as normal following the biopsy procedure to provide support to the breast. Although you may find it may be more comfortable to wear a soft non-wired bra or sports bra.

### **More information**

If there are any problems or queries, please contact the breast care nurses on 0118 322 8563. Out of normal working hours, please contact your GP or NHS111.

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

**Please ask if you need this information in another language or format.**

RAD\_0126 C Denham, Breast Screen Nurse, May 2024

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