



# Ultrasound guided core biopsy

---

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

---

## 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 (X-ray specialist) to the area from where we want to take the sample of tissue.

## Why do I need this test?

You have had this procedure carried out because there is an area in your breast tissue that we need to do some further investigations, in order that a diagnosis can 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/Ibuprofen may be taken to ease any discomfort, so make sure you have a supply at home and that you follow the dosage instructions.
- **The dressing:** The dressing applied should be left on for 48 hours. The dressing is waterproof and you can have a shower after 24 hours but do not scrub over the dressing. 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 screen 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 screen nurse.

- **Exercise:** Rest on the day of the biopsy and avoid any heavy lifting or other heavy jobs. Also, avoid swimming or sport for a couple of days after the biopsy.
- **Bra:** It may be more comfortable to wear a soft non-underwired bra or sports bra for the rest of the day of the procedure.

### More information

If there are any problems or queries please contact Carolyn Denham or Amy Chambers, Breast Screening Clinical Nurse Specialists on 0118 322 8563. Out of normal working hours, please contact your GP.

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

Next review due: May 2026