
Before Your Breast Biopsy

Thank you for choosing Edith Sanford Breast Health for your healthcare needs.

Your appointment is scheduled:

Date: _____

Arrival Time: _____

Location: _____

Your biopsy will be done using the imaging procedure marked below.

_____ Ultrasound _____ Stereotactic _____ Tomosynthesis (3D) _____ MRI

Getting Ready

Insurance/payment options

You may want to check with your insurance company to see if you need prior authorization before the biopsy is done. For other financial questions, please call Sanford Health Patient Financial Services.

MRI biopsy/enclosed spaces

Talk to your regular doctor if you have a fear of enclosed spaces. You may choose to take a medicine to help you relax during the MRI biopsy. Bring the relaxation medicine with you.

Arrange a driver if needed

Your doctor may require you to arrange a driver (refer to pink box).

Also, many women prefer a driver. You may want someone to drive you home if:

- You feel anxious and want someone with you.
- You live out-of-town with a longer distance to drive.

A driver is required if:

- I plan to use a sedative during my MRI biopsy.
- The breast health department notified me that I need a driver.

Eating and drinking

You can eat and drink as usual before the biopsy.

Medicines

Changing some medicines before surgery

Some medicines and supplements need to be stopped or changed before a biopsy. Talk to the doctor who prescribed the following medicines to see if changes are needed. Write your instructions below.

- Blood thinners (such as warfarin or Plavix): _____
- NSAIDs (such as Advil or Aleve) or aspirin: _____
- Herbal medicines or supplements: _____

You may take pain medicine that contains Tylenol (acetaminophen) during the time when you cannot use NSAIDs or aspirin as noted above.

Day of the biopsy

What to wear

Wear loose, comfortable clothing:

- Separate shirt and pants.
- A top that is easy to take off and put on.
- A supportive bra without underwire such as a sports bra. The bra will be worn after the biopsy to hold the bandages and ice packs in place and to support the breast.

After your biopsy

Taking care of yourself

Your doctor will tell you how to take care of yourself after your biopsy. Follow your doctor's instructions about:

- Taking it easy the rest of the day. You may not want to return to work.
- Using an ice pack in your bra for about 24 hours.
- Taking acetaminophen (Tylenol) for pain after the biopsy.