

Breast Biopsy

A biopsy is the removal of pieces of tissue, which are then sent to a lab for testing. A breast biopsy may be needed when other tests show something in the breast that needs to be checked more closely. If a lump is present, it may be removed at the same time as the biopsy. Lymph nodes around the area may also be checked. Your doctor will review the results of your biopsy with you at your next visit and talk to you about treatment if needed.

There are different types of breast biopsies. Your doctor has ordered a:

- Fine Needle Aspiration (FNA)
- Core Needle Biopsy
- Stereotactic Biopsy
- Open Excisional Biopsy

To Prepare

- You may be told to not eat food after midnight before the test.
- A family member or friend may need to take you home after your biopsy.

During the Test

- You will be asked to take your clothing off above the waist and put on a hospital gown.
- An IV (intravenous) may be put into a vein in your arm to give medicine.
- You lie on a table.
- The biopsy site is cleaned.
- The doctor numbs the site. This may sting for a few seconds. After this, you should only feel pressure and no pain.
- A mammogram or an ultrasound may be done to locate the site to be tested.

乳房活检

活检是指切取组织片送交实验室化验。当其他检查显示需要对乳房做进一步检查时，可能需要进行乳房活检。如果乳房有肿块，可以在活检的同时切除。也可能检查肿块周围的淋巴结。医生将在您下一次就诊时告诉您活检结果，并在需要时向您讲述治疗事宜。

乳房活检的类型各不相同。医生已要求对您进行以下活检：

- 细针穿刺抽吸（FNA）活检
- 粗针穿刺活检
- 立体定向活检
- 开放式切除活检

准备工作

- 可能会要求您在检查前的午夜之后不要进食。
- 活检后，可能需要一位亲友送您回家。

检查期间

- 将要求您脱掉腰部以上的衣服，并穿上医院的袍子。
- 可能会通过对您的手臂静脉作IV（静脉注射）来给药。
- 您将躺在台子上。
- 活检部位将被清洁。
- 医生将对活检部位进行麻醉。会有几秒钟的刺痛。在这之后，您只会感到有压力而无疼痛。
- 为了查找需要检查的部位，可能会进行乳房X光检查或超声波检查。

Types of Breast Biopsies

Fine Needle Aspiration (FNA)

This biopsy is often done in the doctor's office for lumps that can be felt.

- The doctor inserts a small needle that is attached to a syringe into the lump.
- The needle may be moved around. Tissue and fluid is collected in the syringe.
- The needle is then removed.

Core Needle Biopsy

This biopsy is done with a larger needle.

- A small cut is made in the skin.
- The needle is put into the site.
- Several samples of tissue are collected.
- The needle is then removed.

Stereotactic Biopsy

This biopsy is done for areas that cannot be felt, but are seen on mammogram.

- You lie face down on a table with an opening for the breast.
- The site is numbed.
- A small incision is made in the breast.
- The breast is squeezed flat and a special type of x-ray is done before and during the biopsy to locate the site.
- A needle is put into the breast to remove samples of tissue.
- Several samples of tissue are collected.
- The needle is then removed.

Open Excisional Biopsy

The entire lump is taken out in surgery.

- You will be given medicine to numb the breast or to make you sleepy.
- An incision is made in the breast to remove the lump and some tissue around the lump.
- The site is closed with a stitch or special tape.

乳房活检的类型

□ 细针穿刺抽吸（FNA）活检

这种活检适用于可以触摸到的肿块，通常是在医生的办公室进行。

- 医生将注射器上随附的细针插入肿块。
- 细针可能向四周移动。组织和液体将收集在注射器中。
- 然后将针取出。

□ 粗针穿刺活检

这种活检使用**较粗的针**。

- 在皮肤上作一小切口。
- 将针插入小切口处。
- 收集一些组织样本。
- 然后将针取出。

□ 立体定向活检

这种活检适用于无法触摸到，但通过乳房 X 光检查可以看到的区域。

- 您将俯卧在台子上，台子上设有为乳房预留的洞孔。
- 对活检部位进行麻醉。
- 在乳房上作一小切口。
- 在活检前和活检期间，会压平乳房并借助一种特殊的 X 光来查找活检部位。
- 将针插入乳房，以切取组织样本。
- 收集一些组织样本。
- 然后将针取出。

□ 开放式切除活检

在手术室将整个肿块取出。

- 将通过药物对乳房进行麻醉或使您困倦。
- 在乳房上作一个切口，以切取肿块及肿块周围的一些组织。
- 用缝线或专用胶带闭合活检部位。

Home Care

- Do not lift over 5 pounds for 24 hours after your biopsy. A gallon of milk weighs over eight pounds.
- You can eat your normal diet.
- You may have bruising, discomfort, swelling and a small amount of drainage at the biopsy site.
- You can wear a sports bra for support.
- You may use over the counter pain medicine that does not contain aspirin as needed.
- Apply an ice pack to your breast as needed to reduce swelling and bruising. Do not apply ice directly to the skin.
- A stitch or special tape is put on the incision. The stitch will be removed at the doctor's office.
- If you had an open excisional biopsy, you may shower but do not take a bath or swim for 2 weeks.

Call your doctor if you have:

- Bleeding from the biopsy site
- Increased swelling, redness, warmth or drainage at the biopsy site
- Pain not relieved by medicine

Talk to your doctor or nurse if you have any questions or concerns.

家中护理

- 活检后 24 小时内不要提举超过 5 磅 (2.3 公斤) 的重物。1 加仑 (3.8 公升) 牛奶的重量超过 8 磅 (3.6 公斤)。
- 您可以正常饮食。
- 活检部位可能会青肿、不适、肿胀以及有少量流出物。
- 您可以穿戴运动胸罩。
- 需要时，您可以服用不含阿斯匹林的处方止痛药。
- 需要时，可给乳房敷上冰袋，以减轻肿胀和青肿。不要直接将冰块敷在皮肤上。
- 切口处使用缝线或专用胶带闭合。缝线将在医生的办公室拆除。
- 如果您进行的是开放式切除活检，则可以淋浴，但两个星期内不要盆浴或游泳。

如有以下症状，请致电您的医生：

- 活检部位出血
- 活检部位肿胀、发红、发热或有流出物的现象越发严重
- 疼痛无法用药物缓解

如有任何疑问或担心，请告诉您的医生或护士。

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