

Biopsy

A biopsy is the removal of pieces of tissue, which are then sent to a lab for testing. A biopsy is most often used to find cancer. Any part of the body, such as the skin, an organ or a lump can be tested. An x-ray, CT scan or ultrasound may be done to locate the biopsy site. A biopsy may be done during surgery. Your doctor will review the results of your biopsy with you at your next visit and talk to you about treatment if needed.

If you have any allergies to medicines, foods or other things, tell the staff before the test.

If you are pregnant or think you might be, tell the staff before the test.

Arrive on time for your test. You may be told to arrive 30 minutes before your appointment time. A simple biopsy takes about 15 minutes. It may take longer if several biopsies or x-rays are needed.

To Prepare

- Do not take aspirin or ibuprofen for one week before the biopsy.
- Check with your doctor about taking your prescription medicines.

During the Test

- You will lie on a table and may wear a hospital gown.
- An x-ray, CT scan or ultrasound may be done to locate the biopsy site.
- The site is cleaned.
- Numbing medicine is put into the skin. This may sting.
- When the site is numb, a small needle is put into the area to be tested. Tissues and cells are removed. In some cases a small incision is made so that tissue or a lump can be removed and tested.
- If you feel any discomfort, tell the doctor.
- The needle is then removed.
- Pressure is applied, then a small bandage. If an incision was made, stitches may be placed to close the incision.

活检

活检是指切下小片的组织，送往化验室进行检查。活检往往用于癌症检查。对人体的任何部位，例如皮肤、器官或肿块，都可以进行活检。为了确定活检部位，可能会进行 X 光检查、CT 扫描或超声波检查。下次就诊时，医生会向您说明活检结果，必要时会与您讨论治疗方案。

如对药物、食物或其他物品过敏，检查前要向工作人员说明。

若您怀孕或认为自己可能怀孕，检查前要向工作人员说明。

准时到达检查地点。可能会要求您提前 30 分钟抵达检查地点。简单的活检大约需要 15 分钟。如果需要作多处活检或 X 光检查，可能需要更长的时间。

准备工作

- 活检前一周内不得服用阿司匹林或布洛芬。
- 询问医生是否可以服用处方药物。

检查过程

- 躺在平台上，可穿医院发给的罩衣。
- 为了确定活检部位，可能会作 X 光检查、CT 扫描或超声波检查。
- 清洁活检部位。
- 皮肤上涂麻药。可能有刺痛感。
- 活检部位麻木后，用一根小针探入要检查的区域。取出组织和细胞。有时候需要做一个切口，以取出组织或肿块进行检查。
- 如感到不适，向医生说明。
- 然后取出针。
- 按住针刺部位，然后用一块小胶布贴在针刺部位。如果做了切口，可能要缝合。

After the Test

- You may have bruising, discomfort or swelling at the biopsy site.
- If needed, use over the counter pain medicine that does not contain aspirin.
- Apply an ice pack to the site as needed to reduce swelling and bruising. Do not apply ice directly to the skin. Apply ice for 20 minutes and then take the ice off for at least 30 minutes.
- Avoid strenuous activity and lifting over 5 pounds for 24 hours. You may resume normal activities unless otherwise instructed.
- Test results are sent to your doctor. Your doctor will share the results with you.

Call your doctor if you have:

- Bleeding, drainage, increased swelling, redness or warmth at the site
- Pain not relieved by over the counter pain medicine

Talk to the staff if you have any questions or concerns.

检查之后

- 活检部位可能有淤伤、不适或肿胀。
- 必要时，服用不含阿司匹林的非处方止痛药。
- 必要时用冰袋敷活检部位，以消除肿胀和擦伤。冰块不得直接接触皮肤。冰敷 20 分钟后取开，至少间隔 30 分钟才能再敷。
- 24 小时内，避免吃力的活动和提举 5 磅以上的重物。如无特别指示，24 小时后可恢复正常活动。
- 检查结果送至医生处。医生会将检查结果通知您。

如有以下情况，请找医生：

- 活检部位出血、有渗出液、肿胀加剧、发红或发烫
- 非处方止痛药无法缓解疼痛

如有任何疑问或担心，请向工作人员提出。

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