

Biopsy

A biopsy is the removal of pieces of tissue, which are then sent to a lab for testing. A biopsy may be done during surgery to check for cancer or other problems. 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. 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.

To Prepare

- Do not take aspirin or ibuprofen (Advil, Motrin) for one week before the biopsy.
- Check with your doctor about taking your medicines including prescription and over the counter medicines, herbals, vitamins and other supplements.

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.

活检

活检是指切下小片的组织，然后将该组织送往化验室进行检查。活检可能是在检查癌症或者其他问题的手术时进行。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。

准时到达以进行检查。可能会要求您提前30分钟抵达检查地点。

准备工作

- 活检前一周内不得服用阿司匹林或布洛芬 (Advil, Motrin)。
- 请询问医生您的服药，包括处方药物、非处方药物、草药、维生素以及其他的补充物品。

检查过程

- 躺在平台上，可穿医院发给的袍子。
- 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。

- 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.
- Pressure is applied, then a bandage. If an incision was made, you may have stitches.

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 for the first 24 hours to reduce swelling and bruising. Do not apply ice directly to the skin. Wrap the ice pack in a pillowcase or towel. Apply the ice for 15 minutes every hour.
- 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.

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- 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，请告诉医生。
- 按住针刺部位，然后贴创可贴。如果做了切口，可能要缝合。

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。
- 24小时内，必要时用冰袋敷活检部位，以消除肿胀和淤血。冰块不要直接接触皮肤。用枕套或者毛巾包住冰袋。每小时冰敷15分钟。
- 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。
- 检查结果将送交给您的医生。您的医生会将检查结果告诉您。

如有以下情况，请找医生：

- 活检部位出血、有液体流出、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，请向医护人员提出。