

Cad Ka-qaadista Naaska

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
- Excisional Biopsy

Cad ka-qaadistu (biopsy) waa qaybo yaryar oo ah cad oo la soo saaro, ka dibna loo diro shaybaadh ama laabaratoori si loo soo baadho. Waxa loo baahan karaa cad ka-qaadis naas marka baadhitaanada kale muujiyaan wax ku yaala naaska oo loo baahan yahay in si fiican loo sii fiiriyo. Haddii buruq ama kuus uu ku jiro naaska, waxa la saari karaa isla wakhtiga la sameynayo cad ka-qaadista. Waxa kale oo la fiirin karaa guntimada qanjidhada (lymph nodes) ee ku wareegsan agagaarka. Dhakhtarkaaga ayaa kula fiirin doona natiijooyinka ka soo baxa cad ka-qaadistaada marka tagtid ballantaada xigta waxana uu kaala hadli doonaa daweyn haddii loo baahan yahay.

Waxa jira noocyo kala duwan oo ah cad ka-qaadis naas. Dhakhtarkaagu waxa uu amray:

- Ku-soo-nuugis Irbad Naqan (FNA) (Fine Needle Aspiration)
- Cad Ka-qaadis ah Irbad Badhtame (Core Needle Biopsy)
- Cad Ka-qaadis Sawir Lagu Hagayo (Stereotactic Biopsy)
- Cad Ka-qaadis ah Jeexid (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.

Si aad U diyaargarowdid

- Waxa laga yaabaa in lagu sheego in aanad wax cunin ka dib habeen badhka ka horeeya baadhitaanka.
- Waxa loo baahan karaa xubin qoys ama saaxiib guriga ku geeya ka dib cad ka-qaadista.

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.

Inta Lagu Jiro Baadhitaanka

- Waxa lagu weydiin doonaa in aad dharka ka qaadid inta ka sareysa dhexda ama sinaha oo aad gashatid marada cisbitaalka.
- Waxa laga yaabaa in faleebo ama irbad (IV) la galiyo xidid ku yaala gacantaada si lagu siiyo dawo.
- Waxa aad ku jiifsan doontaa miis.
- Waxa la nadiifin doonaa goobta lagu sameeyo cad ka-qaadista.
- Dhakhtarku waxa uu dareenka ka baabi'in doonaa ama kabuubyo u yeelo doonaa goobta cad ka-qaadista. This may sting for a few seconds. Ka dib, waa inaad dareentid kaliya cadaadis ee aanad dareemin xanuun.
- Waxa laga yaabaa in raajo naaso ama sawirka adeegsada sanqadha (ultrasound) lagaa qaado si loo helo goobta la baadhayo.

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.

Noocyada Cad Ka-qaadista Naaska

☐ Ku-soo-nuugis Irbad Naqan (FNA) (Fine Needle Aspiration)

Cad ka-qaadista noocan ah waxa badanaa lagu sameeyaa xafiiska dhakhtarka iyada oo lagu sameynayo buruqda ama kuusaska la dareemi karo.

- Waxa uu dhakhtarku irbad yar oo ku xidhan siringe galiyaa buruqda.
- Irbadda waa la dhaqdhaqaaqin karaa. Cad iyo dheecaan ayaa lagu ururiyaa siringaha.
- Ka dib irbadda ayaa la saaraa.

❑ 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.

❑ Excisional Biopsy

The entire lump is taken out in surgery.

- You will be given medicine to numb the breast or to make you sleepy.

❑ Cad Ka-qaadista ah Irbad Badhtame (Core Needle Biopsy)

Cad ka-qaadistan waxa lagu sameeyaa irbad sii weyn.

- Jeexis yar ayaa lagu sameeyaa maqaarka.
- Irbadda waxa la galiyaa goobta.
- Waxa la soo ururiyaa dhawr qaybood oo ah cad.
- Ka dib irbadda ayaa la saaraa.

❑ Cad Ka-qaadista Sawir Lagu Hagayo (Stereotactic Biopsy)

Cad ka-qaadistan noocan ah waxa lagu sameeyaa meelaha aan gacanta lagu dareemi karin, laakiin lagu arki karo raajada naasaha.

- Waxa aad beerka ugu jiifsanaysaa miis leh meel loo baneenay naaska.
- Goobta waxa laga dilaa dareenka ama waa la kabuubyeeyaa.
- Jeexid yar ayaa lagu sameeyaa naaska.
- Naaska waa la tuujiyaa si uu u sinmo ka dibna waxa la qaadaa raajo gaar ah ka hor iyo inta lagu jiro cad ka-qaadista si loo helo goobta.
- Irbad ayaa la galiyaa naaska si loo saaro qaybo ah cad.
- Waxa la soo ururiyaa dhawr qaybood oo ah cad.
- Ka dib irbadda ayaa la saaraa.

❑ Cad Ka-qaadista ah Jeexid (Excisional Biopsy)

Buruqda oo dhan ayaa qalitaan lagu soo saaraa.

- Waxa lagu siin doona dawo kabuubyeysa naaska ama adiga ku seexisa.

- 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.
- Jeexid ayaa lagu sameeyaa naaska si loo saaro buruqda iyo xoogaa cad ah oo ku wareegsan buruqda.
- Goobta waxa lagu xidhaa tolmo ama dhejis gaar ah.

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 excisional biopsy, you may shower but do not take a bath or swim for 2 weeks.

Daryeelka Guriga ah

- Ha qaadin wax ka culus 2.3 kg ama 5 rodol mudo ah 24 saacadood ka dib cad ka-qaadista. Hal galaan oo ah caano miisaankiisu waa sideed rodol ama 3.6 kg.
- Waxa aad cuni kartaa cuntaada caadiga ah.
- Waxa laga yaabaa in aad burbur, xanuun, barar iyo qadar yar oo ah dheecaan ku yeelatid goobta cad ka-qaadista.
- Waxa aad taageero u xidhan kartaa keeshaliga ama rajabeetada isboortiska.
- Waxa aad isticmaali kartaa dawada xanuunka ee la iibsado warqad dhakhtar la'aan oo aan lahayn asbiriin haddii loo baahdo.
- Saar xidhmo baraf ah naaskaaga haddii loo baahdo si loo yareeyo bararka iyo burburka. Si toos ah barafka ha u saarin maqaarka.
- Tolmo ama dhejis gaar ah ayaa lagu sameeyaa meesha la jeexay. Tolmada waxa lagaaga saari doonaa xafiiska dhakhtarka.
- Haddii lagu sameeyay cad ka-qaadis ah jeexid, waxa aad qaadan kartaa qubeys ama maydhasho sare joog ah laakiin ha qaadan qubeys ah fadhi ama dabaal mudo ah 2 todobaad.

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.

Wac dhakhtarkaaga haddii aad leedahay:

- Dhiig ka imanaya goobta cad ka-qaadista
- Barar, casaan, diirimaad ama dheecaan soo kordhay oo ah goobta cad ka-qaadista
- Xanuun aan lagaga nafiseyn dawo

La hadal dhaqtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama walaacyo.