

# 乳房活組織檢驗

## 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

### 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.

活組織檢驗是指切取組織片，送交實驗室化驗。當其他檢查顯示需要進一步檢查乳房時，就可能需要乳房活組織檢驗。如發現腫塊，亦可在檢驗活組織時切除。也可能檢查四周的淋巴結。醫生會告訴您活組織檢驗結果，並如有需要時向您講述治療事宜。

乳房活組織檢驗的類型各不相同。醫生已要求您進行以下活組織檢驗：

- 細針穿刺抽吸（FNA）活組織檢驗
- 粗針穿刺活組織檢驗
- 立體定向活組織檢驗
- 切除活組織檢驗

### 事前準備

- 醫生可能會要求您在檢查前的午夜之後不要進食。
- 活組織檢驗後，可能需要一位親友送您回家。

### 檢查期間

- 醫生會要求您脫掉腰部以上的衣服，並穿上手術袍。
- 可能會通過對您的手臂靜脈作IV（靜脈注射）來給藥。

- 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.
- 您將躺在臺子上。
- 活組織檢驗部位將被清潔。
- 醫生會麻醉活組織檢驗部位。會有幾秒鐘的刺痛。在這之後，您只會感到有壓力而無疼痛。
- 為了查找需要檢查的部位，可能會進行乳房X光檢查或超音波檢查。

## 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.

## 乳房活組織檢驗的類型

### ☐ 細針穿刺抽吸（FNA）活組織檢驗

這種活組織檢驗適用於可以觸摸到的腫塊，通常在醫生辦公室進行。

- 醫生將注射器上隨附的細針插入腫塊。
- 細針可能向四週移動。組織和液體將收集在注射器中。
- 取出針頭。

### ☐ 粗針穿刺活組織檢驗

這種活組織檢驗使用的針較粗。

- 在皮膚上作一小切口。
- 將針插入小切口處。
- 收集一些組織樣本。
- 取出針頭。

### ☐ 立體定向活組織檢驗

這種活組織檢驗適用於無法觸摸到，但通過乳房X光檢查可以看到的區域。

- 您將俯臥在臺子上，臺子上設有為乳房預留的洞孔。

- 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.
- 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.

## 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.

- 對活組織檢驗部位進行麻醉。
- 在乳房上作一小切口。
- 活組織檢驗前和檢驗期間，乳房會被壓平，並借助一種特殊X光查找活組織檢驗部位。
- 將針插入乳房，以切取組織樣本。
- 收集一些組織樣本。
- 取出針頭。

### ❑ 切除活組織檢驗

在手術室將整個腫塊取出。

- 醫生會用藥物麻醉乳房，您會感到睏倦。
- 在乳房上作一個切口，以切取腫塊和四周組織。
- 用縫線或專用膠帶閉合活組織檢驗部位。

## 家中護理

- 活組織檢驗後24小時內，不要提舉超過5磅（2.3公斤）的重物。1加侖牛奶（3.79公升）的重量超過8磅（3.6公斤）。
- 您可以正常飲食。
- 活組織檢驗部位可能會瘀青、不適、腫脹以及有少量流出物。
- 您可以穿戴運動胸罩，支撐乳房。

- 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.
- 如有需要，可以服用不含阿斯匹林的處方止痛藥。
- 如有需要，可為乳房敷冰袋，減輕腫脹和瘀青。勿直接以冰塊碰觸皮膚。
- 切口處使用縫線或專用膠帶閉合。縫線將在醫生辦公室拆除。
- 如果您進行的是切除活組織檢驗，則可以淋浴，但兩個星期內不要盆浴或游泳。

### **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

### **如有下列情況，請致電醫生：**

- 施術部位出血
- 施術部位腫脹、發紅、溫熱或有流出物
- 藥物無法紓緩痛楚

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

若您有任何疑問或擔憂，請諮詢您的醫生或護士。