

## **Mammography and Examinations by a Physician**

Breast cancer affects almost as many women in their forties as it does women fifty and over. As a result, the American Cancer Society has revised its screening guidelines. The current recommendations are:

**Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.**

**Women at high risk should get an MRI and a mammogram every year. Women at moderately increased risk should talk with their doctors about the benefits and limitations of adding MRI screening to their yearly mammogram.**

**KCBC**  
*Knoxville Comprehensive Breast Center*



*Screening  
Diagnosis  
Treatment*

**(865) 584-0291**

**Fax (865) 584-4426**

**Toll Free 1-800-456-8169**

[www.knoxvillebreastcenter.com](http://www.knoxvillebreastcenter.com)

**KCBC'S**

**BREAST  
HEALTH  
LIBRARY**

**STEREOTACTIC  
BIOPSY**

*Knoxville Comprehensive Breast Center*  
**KCBC**  
*Screening Diagnosis Treatment*

*The breast health specialists  
for over twenty-five years*

*The Knoxville Comprehensive Breast Center Breast Health Library has been designed to give you more information about breast health issues. If you have additional questions after you read this brochure, please be sure to ask a Breast Health Nurse Specialist.*

## **STEREOTACTIC BIOPSY**

This is a procedure to diagnosis a small mass or microcalcifications. While the breast is compressed, a nick is made in the skin after local anesthetic is administered. A probe is then inserted into the breast and positioned so that the sampling notch is centered at the site of the mass or microcalcification. X-ray views are taken to assure the correct location of the probe. The probe is turned within the breast to obtain several samples of tissue to send to the pathologist.

## **PRE-STEREOTACTIC CHECKLIST**

- 1) Please take any medications you take daily, unless otherwise indicated by the doctor.
- 2) Do not take aspirin, aspirin containing products, or ibuprofen products (Advil, Nuprin) for 5 days before the procedure.
- 3) Make certain someone is available to drive you home after the procedure (only if sedative is given).

- 4) Wear a loose-fitting top on the day of the procedure in case a bulky dressing is needed afterwards.
- 5) A short acting mild sedative will be given to you before the procedure if you request.
- 6) No heavy lifting or strenuous activity for two (2) days following your procedure

## **POST-STEREOTACTIC BIOPSY INSTRUCTIONS**

- ❖ The biopsy site will be covered with Steri-Strips and a large bandaid. You may shower or bathe after removing the bandaid the next day. Do not scrub over dressing area.
- ❖ Wear a good support bra to include the ice pack overnight. This will help minimize bleeding and bruising.
- ❖ Remove the Steri-Strips five (5) days after the biopsy. You may bathe your breast carefully with the Steri-Strips in place. Be careful not to loosen it. If the Steri-Strips should happen to come off before it is supposed to, you should then reapply more Steri-Strips. If you have a bulky pressure dressing, it must remain in place overnight. You may take a sponge bath during this time, but do not get the dressing wet.

- ❖ You may have some discomfort and/or bruising where the probe entered the skin.
- ❖ If you need medication for discomfort, take acetaminophen products such as Tylenol. **DO NOT TAKE ASPIRIN FOR 24-48 HOURS! (this includes Advil, Aleve, Motrin).**
- ❖ You may return to your work or other activities the day after your biopsy as long as no heavy lifting or strenuous physical activities are required. (On the 3rd day following your biopsy, all activities, except swimming, should be well tolerated.)
- ❖ Watch for excessive bleeding, pain, redness around the biopsy site, or fever. If any of these occur, please call our office.
- ❖ Someone from our office will try to call you on the morning after your biopsy. If you have any questions or problems that arise after your biopsy, please call our office at **(865) 584-0291**.
- ❖ It generally takes 48 hours to get a report from the Pathologist. Someone from our office will call you as soon as we receive it. If your biopsy happens to be on a Friday, we may not have a report until the following Tuesday afternoon.