

# Fine Needle Breast Biopsy: Before Your Procedure

As you get ready for your fine needle breast biopsy, you may have questions about what will happen during the procedure and how to prepare.

Here's some information to help you know what to expect.

A fine needle breast biopsy is a procedure to take one or more samples of tissue or fluid from the breast.

It's done to check a lump or a suspicious area in the breast that may have been found during a breast exam, mammogram, or ultrasound.

The biopsy samples are then sent to a lab where a doctor will examine them.

Before the biopsy, you'll take off your clothes above the waist and remove any jewelry.

And you'll be given an exam gown to wear.

Next, the doctor or nurse will help you get comfortable on the exam table.

You'll probably be positioned on your back.

Your arms may be placed at your sides, or you may have one arm resting above your head.

After you are positioned, the doctor or nurse will clean the area of your breast where the biopsy will be done.

Next the doctor may give you a shot of medicine to numb the biopsy area.

Then the doctor will insert a very thin needle into your breast to take a sample of tissue or fluid.

The doctor may repeat this step several times.

And the doctor may use ultrasound to help guide the placement of the biopsy needle.

After the samples are taken, the doctor will cover the area with a bandage.

Your doctor may get some results right away after your breast biopsy.

But it can take a few days to get the final results.

Follow your doctor's directions for preparing for your procedure, including what you can eat or drink and which medicines to take.

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And be sure to bring your photo ID, health insurance card, and any paperwork that your doctor's office may have asked for.

Having a breast biopsy can be stressful.

But knowing what to expect and how to prepare can help.

And remember, you can always call your doctor if you have questions or concerns.