

## More information

Your next appointment is:

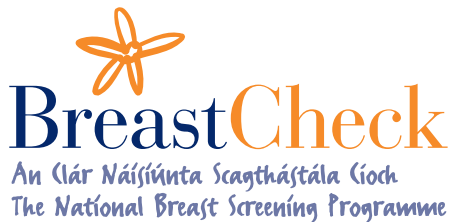
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date time

Breast Care Nurse:

\_\_\_\_\_

Telephone number:

\_\_\_\_\_



BreastCheck is a Government-funded programme and part of the National Screening Service.



Information  
about core  
biopsy and  
fine needle  
aspiration

## What is a core biopsy?

A core biopsy involves removing a small piece of breast tissue so that it can be looked at under a microscope and an accurate diagnosis can be made. Sometimes an x-ray or ultrasound may be used to help locate this tissue. If you are on Aspirin, Warfarin or Plavix please tell staff.

When the biopsy is finished, steristrips (paper stitches) will be placed over the wound and covered with an outer dressing.

## Advice after a core biopsy

- It is not unusual to have some bruising on the area. Your breast will be tender and uncomfortable for a few hours or up to several days.
- You should keep the area dry for 24 hours. You may shower or wash after this time.
- Remove the outer dressing after 24 hours. The steristrips should remain in place until they naturally fall off or they can be removed after three days.
- If there is bleeding from the wound after the procedure, press on the area until the bleeding stops.
- Wearing a supportive bra may be helpful for the first night.
- Do not carry out heavy work or exercise such as vacuuming, golf or swimming for the first few days.
- Avoid carrying heavy shopping or other weights on the affected side.

- If you need to take pain relief, use the tablets you would normally take for a headache, preferably a non-Aspirin product. You should take this medication following the dosage instructions on the package.

If you have any concerns or need further information or help, please contact the breast care nurse in the screening unit or your family doctor (GP) if necessary.

## What is fine needle aspiration (FNA)?

This is a quick, simple procedure carried out by the doctor at the assessment clinic. Using a fine needle and syringe, the doctor takes a sample of cells. Once the FNA is finished a small plaster will be placed over the area and the sample will be sent to a laboratory to be studied.

## Advice after FNA

It is not unusual to have some bruising on the area. The area may also be tender and uncomfortable for a few hours or up to several days. You may remove the plaster the following day.

If you need to take pain relief, use the tablets you would normally take for a headache, preferably a non-Aspirin product. Take this medication, following the dosage instructions, before going to bed.

If you are worried or need further information or help, please contact the breast care nurse in the screening unit or your family doctor (GP) if necessary.