

Taking a sample of abnormal tissue to be tested (ultrasound guided soft tissue biopsy)

Radiology Department

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Information for Patients

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Introduction

If you are an outpatient please read your appointment letter carefully. Check which hospital your appointment is at.

Please read all of this leaflet. It explains a test called **ultrasound guided soft tissue biopsy**. It tells you about what will happen and what the possible risks are.

What is an ultrasound guided soft tissue biopsy?

A biopsy is test where we take a small piece of tissue out of your body. We do this using only a thin needle and a very small cut in the skin.

We use an ultrasound scanner to see the biopsy needle as it is inserted under the skin. This is to check it is in the right place for the biopsy.

We send the small piece of tissue to pathologists. They are experts in making a diagnosis from tissue samples. They will look at the tissue under a microscope.

Why do I need a biopsy?

You may have had tests such as an ultrasound scan, CT scan or MRI scan. The scan may have shown an area of abnormal tissue or a lump inside your body.

We cannot always tell what the abnormality is when we see it on a scan. Taking a tiny piece of it away for pathologist to look at is a simple way to find out what it is.

The biopsy helps doctors decide what treatment, if any, you may need.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Asking for your permission (consent)

The doctor who referred you should have talked to you about why you need this test and any other options.

In some cases a Multidisciplinary Team (MDT) will have discussed your case. If this has happened, a specialist nurse may have contacted you directly about your biopsy.

You have been referred to a doctor who specialises in imaging and X-ray treatments (a radiologist) for this test. They will check that you know why the test is being done, the potential risks and the chances of success.

You will sign a consent form to confirm this. This may be on an iPad or a paper form. **You should feel that you know enough before you sign the consent form.**

If after talking to the Radiologist you do not want to have the test then you can decide to say no. We will talk to you about your options. If you feel during the test that you want it to stop we will talk to you about your options. This will help you decide what to do.

If the Radiologist feels that your health problem has changed they will talk to you about if the biopsy is still needed. They may ask for the doctor who wanted you to have the test to talk to you and review your health problem.

What if I am taking blood thinners?

If you are taking medicine that thins the blood (anticoagulants or antiplatelets) you may need to stop taking it. Or, you may need to take a different one for a few days.

Please call the radiology department for advice as soon as possible. The phone number to call is on your appointment letter. It is also at the end of this leaflet. We will ask you what blood thinning medicine you are taking, how much you take (the dose), and what you are taking it for.

Common examples of these drugs include aspirin, warfarin, clopidogrel (Plavix®), apixiban (Eliquis), rivaroxaban (Xarelto), ticagrelor (Brilinta), dalteparin, enoxaparin and heparin.

You may have already been given instructions on blood thinners by the doctor who referred you for this test. Please still call the radiology department so we can check this.

How do I get ready for the biopsy?

You will have had some blood tests done before the test to check that you do not have a higher risk of bleeding.

You must arrange:

- someone to drive you home after the biopsy.
- someone to stay with you for 24 hours (1 day) in case you start to feel unwell after the biopsy.

Important information for patients who have diabetes: If you have diabetes it is important to have a normal breakfast. You may need to adjust your medicines. Please contact your normal diabetes care provider for advice.

Please tell us when you come for your biopsy if:

- you are taking aspirin.
- you have any allergies.
- you have diabetes.
- there is any chance that you may be pregnant.

What happens during the test?

- When you get to the Radiology Department we will direct you to the waiting area.
- We may show you to a cubicle to take off some clothes and put on a hospital gown.
- We will take you into the ultrasound room. We will talk to you about your scan and biopsy. You may ask any questions.
- We will do an ultrasound scan before we do the biopsy. This is so we can see where we will do the biopsy. We may use a pen to mark this site on your skin.
- You will sit or lie down on the ultrasound table. The doctor will decide the best position.
- We will keep everything clean (sterile). We clean your skin with antiseptic. This may feel cold. We cover some of your body with sterile sheets.
- We will put some sterile gel on your skin. We will move the ultrasound probe over your skin to find the exact site for the biopsy.
- We will inject some local anaesthetic into the skin and deeper tissues. This may sting to start with. This soon wears off and the skin should then feel numb. Please tell us if the test does become uncomfortable.
- We will make a small cut in the skin. We will put the biopsy needle through this. We will use ultrasound to see where the needle is. This helps put it in the right place. We will then take a biopsy sample.

In some cases, a **very small permanent skin mark (tattoo)** may be needed. Most patients do not need this. If it is needed, the radiologist will explain why at the time.

How long will it take?

The time varies for each patient. Most biopsies take 40 to 60 minutes.

After the biopsy you will need to rest in radiology department.

The rest time depends on where the biopsy is taken from on your body, how deep it was, and if you feel well. This will be at least 15 minutes. Please expect to be in the department for up to 2 hours.

You will need someone to **drive you home** and someone to **stay with you for 24 hours (1 day)**.



How do I get the results?

The results cannot be given to you straight away. It takes a few days for the pathologist to do all the tests on the biopsy sample. The results will go to the GP or hospital doctor who wanted you to have this test.

Are there any risks or complications?

As with any procedure there is a risk of complications. Below are the most common risks and complications. The chance of these happening is different for each person. We will talk to you about your risks before you sign the consent form.

- **Bruising and bleeding:** There is a small risk of bruising and bleeding, this does not normally need treatment.
- **Infection:** There is a very small risk of infection which can be treated with antibiotics if needed.
- **Discomfort:** The biopsy area may be uncomfortable for 6 to 12 hours. You can take your usual simple painkillers, such as paracetamol, to help with this.
- **Injury to nearby areas:** Depending on where the lump is, there is a small risk of injury to nearby structures such as nerves, blood vessels, or organs.

Are all biopsies successful?

Not all biopsies are successful. This may be because the piece of tissue has been taken from normal tissue rather than the abnormal tissue. Or, the amount of abnormal tissue got may not be enough for the pathologist to make a definite diagnosis. The radiologist doing your biopsy may be able to give you some idea as to the possibility of getting a satisfactory sample.

What if I need to talk to someone?

If you have any questions or concerns, or cannot make the appointment:

Please call the Radiology department on **0116 258 8765** and select **option 7**. Monday to Friday 9am to 5pm, but not on bank holidays.



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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