



## ***Midwest Breast Care Center***

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# Pre Breast Biopsy Instructions

Patient Name: \_\_\_\_\_

Biopsy Date: \_\_\_\_\_

Time: \_\_\_\_\_ a.m. p.m.

Please plan to be at MWBC for 1 to 1.5 hours for your biopsy procedure.

### **Regarding medications:**

***Always check with your doctor before stopping any medication:***

- If you are on Plavix, stop taking it 5 days prior to your biopsy. You may restart it on the 2<sup>nd</sup> day following your biopsy, if there are no signs of bleeding.
- If you are on coumadin (warfarin), stop taking it 3 days prior to your biopsy. You may restart it the day following your biopsy, if there are no signs of bleeding.
- Do not take aspirin for 5 days prior to your biopsy. You may take it 2 days following your biopsy, if there are no signs of bleeding.
- Let us know if you are on any other blood thinners.
- Otherwise, continue to take all of your other medications as usual.

### **Regarding eating:**

- Eat a light meal prior to your biopsy. You may also eat right after the biopsy.

### **Regarding Clothing / Bras:**

- Wear a comfortable, two-piece outfit, preferably with a shirt that opens in the front.

- Wear or bring your most supportive bra (a sports bra is ideal) to wear following your biopsy. Plan to wear this bra to sleep the night of the biopsy.

### **Regarding activities following your biopsy:**

- If possible, please bring someone to drive you home following your biopsy. However, this is not required and you may drive yourself home, as you will not be given any medication that would prohibit driving.
- Plan to rest for at least 4 hours following your biopsy - preferably go home and lie down. Patients report less post biopsy pain and discomfort if they are able to rest following their procedure.
- Plan to take the remainder of the day off from work, if possible.
- Lifting of more than 10 lbs and all strenuous activities are restricted for 48 hours following the biopsy to ensure proper healing and prevent bleeding and extended bruising. Most women feel mild discomfort in the days immediately following the biopsy and will develop some bruising in the breast. This bruising and any marks left on the breast should resolve within 2 to 3 weeks.
- Following your biopsy, we will give you more specific post biopsy instructions to take home, including our contact numbers and how you will obtain your biopsy results.

