

Going home after your vacuum biopsy

You have just had a breast biopsy. It is important for your recovery that you follow the instructions below. If you have any further questions, please get in contact using the details on page 2.

What should I do when I get home?

- You should rest for the remainder of the day. Eat and drink as normal.
- If you take any **antiplatelet medicines** (for example, aspirin, clopidogrel) or any **medicines that thin the blood** (for example, warfarin or rivaroxaban) you may need to stop taking them for a short time after the procedure. The radiologist will discuss this with you before you going home. If you have any further questions about your medicines after the biopsy, call the breast care nurses on **020 7188 0869**.
- Take any other normal medicines as prescribed unless you have been advised otherwise.
- Once the local anaesthetic wears off after 2-3 hours your breast may be tender or painful. If the area becomes particularly uncomfortable take a mild over the counter painkiller, such as paracetamol, following the instructions on the pack. Avoid taking a non steroidal anti-inflammatory drug (NSAID) such as ibuprofen or medicines that contain aspirin, as these could cause bruising in the breast.
- Pain and discomfort usually subside in one week's time. If you are experiencing pain for longer than one week or are concerned, please contact the breast care nurse on the telephone number above.
- For two days after the procedure avoid strenuous activities, such as heavy lifting, running or going to the gym. You can resume normal activities, but if your work is physical then we advise that you do light duties only.

How should I care for the biopsy site?

- If a pressure bandage has been applied to the breasts (not all patients need this) please keep this on for at least 12 hours, including wearing it in bed.
- If you do not have a pressure bandage on, you may wish to wear a soft non-wired bra (such as a sports bra) in bed the first night as extra support.
- **Dressing the wound:** the small cut in the skin has been closed with a paper stitch (steristrip) and covered with a waterproof dressing. Keep this dressing on for three days. On the fourth day you should remove the dressing and the steristrips.

What if I have a problem at home?

- You may notice some bruising at the puncture site. This is to be expected after a biopsy and will subside over the next week or so.

- Bleeding or swelling is rare but if it does happen please follow these instructions:
 - Remove the dressing from the puncture site.
 - Cover the biopsy site with tissues, a paper kitchen towel and **apply pressure** to the breast over the biopsy site with the flat of your hand for 15 minutes in the same way as was done straight after the biopsy.
 - If the bleeding or swelling continues **after 15 minutes you should go to your local emergency department (A&E) or minor injuries unit taking this sheet with you.**

When will I get the results of the biopsy?

The results will not be given to you immediately after the procedure. The tissue samples will be sent to the lab for analysis – this takes about one week. You will be contacted by the breast clinic when the results are ready. If you have not heard from the breast clinic two weeks after the procedure, please contact them on 020 7188 1483.

Contact us

If you need advice or are unable to attend your appointment, please contact the breast clinic on **020 7188 1483** (Monday to Friday, 9am to 5pm).

If you feel you need urgent medical attention or are worried about anything outside our normal opening hours, please either:

- contact your GP
- contact NHS 111 (see below)
- go to your nearest minor injuries unit or (in an emergency) your local emergency department (A&E).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Leaflet number: 3235/VER3

Date published: January 2017

Review date: January 2020

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Post procedure information to be presented to a doctor if attending A&E

Procedure: _____

Patient's name: _____

Date of birth: _____

Hospital number: _____

Date of procedure: _____

Summary of the procedure:

Doctor's name: _____

Doctor's signature: _____