



## **BREAST BIOPSY: Frequently Asked Questions**

### **What is a breast biopsy?**

A breast biopsy is when a small amount or all of a breast growth\* is taken out and examined. This is usually done to look for cancer. The biopsy sample is performed with a needle or surgically removed. The sample is then looked at under a microscope to determine if it is cancer.

\*Words used to refer to the growth may include lump, mass, calcifications, distortion, lesion and tumor.

### **Why should I have a breast biopsy?**

A breast biopsy is done to see whether or not a breast growth is cancer. If it is cancer, the biopsy will help tell what type.

### **Where will the biopsy be done?**

Depending on what type of biopsy you need, your biopsy will be performed at one of the UNC mammography clinics or surgical sites. Your UNC Cancer Care team will tell you where your biopsy will be done.

### **Will I be awake during a needle biopsy?**

Yes, you will be awake during a needle biopsy. The skin around the biopsy site will be numbed so that you do not feel any pain. You may feel some pressure at the site. Let your team know if you feel pain during the procedure.

### **Can I get information about a needle biopsy?**

Yes. Information can be obtained in the mammography clinic and at <http://www.med.unc.edu/radiology/breastimaging> and then click on the tab "Our Services".

## **For Patients Who Did Not Get Their Mammogram Done at UNC**

### **How soon after my appointment will my biopsy be scheduled?**

The timing depends on the type of biopsy you need. It can take up to 1 week.

### **Why do I need another mammogram and/or ultrasound?**

Mammograms and ultrasounds done at other places must be reviewed by our radiologists. Our radiologists are doctors who specialize in mammograms and other breast imaging scans. After your outside studies are reviewed, your UNC radiologist will decide if you need further studies at UNC.

### **Will my insurance pay for another mammogram?**

Your insurance may pay for the extra mammogram if it is medically necessary. If you have questions about whether your insurance company will pay for it, please call them. If you have questions about insurance coverage, call our financial counselor at 919-966-5388.

## **Before Your Biopsy**



**Will my visit and biopsy be covered by insurance? How much does the visit and biopsy cost?**

Your insurance should pay for your visit and biopsy. If you have questions about whether your insurance company will pay for it, please call them. If you want to know how much your visit and biopsy will cost, call our financial counselor at 919-966-5388.

**Should I stop any medicines before the biopsy?**

**If you take a blood thinner, such as Coumadin or Plavix, or you are not sure if you do, PLEASE CONTACT your doctor who prescribed this medicine for you. The UNC Breast Surgical Clinic will work with you and your doctor to help you stop taking this medicine (if you can) safely prior to a breast biopsy.**

Yes. If you take aspirin or NSAIDS or one of the other products listed below, you should stop taking it five (5) days before your biopsy. This will lessen any bruising from the biopsy. You can take acetaminophen (Tylenol), if needed for pain or discomfort. You should tell your radiologist if you have any bleeding disorders or have had problems with dental procedures.

**Do not take for 5 days prior to the biopsy:**

**NSAIDS:** Advil, Aleve, Feldene, Ibuprofen, Motrin, Midol IB, Mobic, Naproxen, Naprosyn, Nuprin

**Aspirin Products:** Aspirin, Aggrenox, BC or Goody's Powders, Bufferin, Excedrin

**Other Products:** Alpha-omega vitamins, Fish Oil, Vitamin E.

**Should someone come with me to the needle biopsy appointment?**

You do not have to bring anyone to your appointment. If you feel more comfortable having someone with you, you can bring a friend or family member.

**Do I need someone to drive me after a needle biopsy?**

You will be able to drive if you want.

**Who is going to do my needle biopsy?**

The biopsies are done by a radiologist in the Mammography Clinic. Your UNC Care team will explain what kind of biopsy is right for you, how and where it will be done.

**Who can I talk with if I feel I need additional support or information?**

UNC Cancer Care has lay navigators who can help answer questions, find resources or be available to listen to your concerns. Lay navigators are volunteers who have special training and can work with your UNC Cancer Care team to meet the needs of our patients and families. Please call 919-966-4793 if you would like to speak with or meet with a lay navigator.



## **What Happens on the Day of Your Needle Biopsy?**

### **Should I wear special clothes on the day of my biopsy?**

You might want to wear pants and a loose-fitting top. Consider wearing a sports bra or other supportive bra that can accommodate an ice pack. Avoid light-colored or tight-fitting clothing.

### **Why do I need to see someone in the UNC Breast Surgical Clinic before the procedure?**

Your UNC Care team needs to examine the breast area before a needle biopsy or surgery is planned. Your care team member will explain the procedure and let you know when to expect a call with the results.

### **If I'm seeing a nurse practitioner, will I meet the surgeon who will remove the mass before the surgery?**

Yes, you will see your surgeon before your surgery.

### **Will my care team be able to give me any medicine for anxiety before the biopsy?**

Medicines for anxiety are not given in the clinic. If you have anti-anxiety medicine at home, you can bring it with you. However, **DO NOT TAKE** any of this medicine until you have discussed the biopsy with the Radiologist or Surgeon that morning of your biopsy.

### **How long will the biopsy take?**

The amount of time it takes to do the biopsy will vary. If you need to have biopsies of more than one area, it can take longer. You should plan to be with us for 1 to 1.5 hours.

## **What Happens After the Needle Biopsy?**

### **Will I have pain?**

It is normal to be sore at the needle biopsy site for a few days. You may want to take Tylenol unless your doctor tells you not to. Do not take Ibuprofen/Motrin for the next 48 hours (2 days).

### **How soon can I shower?**

The needle biopsy site needs to remain dry (no showering, bathing or swimming) for 48 hours (2 days) after the procedure.

### **Will I need to follow specific instructions afterwards?**

Use an ice pack (or a bag of frozen peas) on the biopsy site for at least the first 1 hour will help with pain and bruising. For that 1<sup>st</sup> hour, we recommend placing the ice bag on the area for 20 minutes, remove it for 20 minutes (to let your skin warm up), and then on again for the last 20 minutes of that 1<sup>st</sup> hour. Afterwards, just use a new ice bag only 20 minutes at a time whenever necessary for the first 24 hours. After that time, a heating pad may be used if needed. Keep the biopsy site covered and dry for 48 hours (2 days). Call us if you have bleeding, redness, swelling, increased pain or a fever.



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**When will I get my results?**

A member of your UNC Breast Surgical care team will call you with the results of your needle biopsy in 3 to 5 business days

**Will I be able to work after getting the needle biopsy?**

Yes, you will be able to go back to work, but you should avoid heavy exercise for 48 hours (2 days). If you have a job that requires heavy lifting (more than 5 lbs.) we can provide a work-release note upon request.

**How soon after the needle biopsy will my surgeon be able to take out the mass, if that is needed?**

If needed, your surgery will be set up as soon as your schedule and your surgeon's schedule allows.

**Who should I call if I have additional questions?**

For a needle biopsy: Call the Mammography Clinic at (919) 966-1081.

For a surgical biopsy/surgery: Call the Surgical Clinic at (919) 966-0000



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### For Patients Traveling from Out of Town

UNC Hospitals maintains a list of hotels and motels. We do not endorse any specific hotel. Before making reservations, ask the reservations desk clerk if they offer discounts to patients and their families receiving care at UNC Hospitals. Hotel rates are up to the hotel management.

Aloft, 1001 Hamilton Road, Chapel Hill	(919) 932-7772
Carolina Inn, 211 Pittsboro Street, Chapel Hill	(919) 933-2001
Inn Town Chapel Hill, 609 Hillsborough Street, Chapel Hill	(919) 933-5296
Comfort Inn, 3508 Mount Moriah Road, Durham	(919) 490-4949
Courtyard by Marriott, 100 Marriott Way, Chapel Hill	(919) 883-0700
Chapel Hill University Inn, 1301 N. Fordham Blvd., Chapel Hill	(919) 929-2171
Days Inn, 1312 Fordham Blvd., Chapel Hill	(919) 929-3090
Hampton Inn and Suites, 6121 Farrington Rd., Chapel Hill	(919) 403-8700
Hampton Inn, 370 E. Main St., Carrboro	(919) 969-6988
Holiday Inn Express, 6119 Farrington Rd., Chapel Hill	(919) 489-7555
Homestead Village (Extended Stay), 1920 Ivy Creek Blvd., Durham	(919) 402-1700
Homewood Suites, 3600 Mount Moriah Road, Durham	(919) 401-0610
How Suite It Is, 1709 Legion Road Ext., Chapel Hill	(919) 923-6787
LaQuinta Inn & Suites, 4414 Chapel Hill Blvd., Durham	(919) 401-9660
Quality Inn, 1740 Fordham Blvd., Chapel Hill	(919) 968-3000
Sheraton Hotel, 1 Europa Dr., Chapel Hill	(919) 968-4900
Red Roof Inn, 5623 Durham-Chapel Hill Blvd., Durham	(919) 489-9421

#### **SECU FAMILY HOUSE**

123 Old Mason Farm Rd., Chapel Hill (919) 932-8000



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### **About the SECU Family House**

The SECU Family House is open to all adult (18 years and older) patients being treated at UNC Hospitals or its clinics. Guests must have a permanent home address and must live more than 30 miles from Chapel Hill. There is a limit of one room per family. Most rooms can hold no more than three guests. All rooms are reserved on a wait-list basis.

### **How to stay at SECU Family House**

Guests are referred by their physicians or hospitals and are placed on a waiting list. Once Family House receives a referral, you will be placed on a waiting list for the day you will be arriving in Chapel Hill. If it is your first visit, SECU Family House staff will contact you directly, either by phone or by mail ahead of time. After your name is placed on the waiting list, you will need to call the Family House between 11 a.m. and 2 p.m. on the day you will be arriving to see if there is an available room. A hotel referral at a reduced rate may be made if space is not available. If your circumstances change, causing you not to need a room, **please** be sure to call the SECU Family House and let them know you will **NOT** need it. That frees up a room for another family.

In the event SECU Family House does not have any vacancies, patients and their guests are referred to local hotels at reduced rates contractually negotiated by Family House.

### **How much does it cost to stay at SECU Family House?**

The nightly charge is \$35 for a twin- or queen-bedded room and \$50 for a suite. This includes the use of the accommodations, linens and full access to the rest of the facilities, including a communal kitchen, laundry, computer room and other common areas. Upon admission to the House, the guest is expected to pay up to one week in advance. In addition to cash or check, American Express, MasterCard, Visa and Discover are also accepted. Guests may apply for financial assistance by contacting the House Manager, Janice Ross, at [janice@secufamilyhouse.org](mailto:janice@secufamilyhouse.org).

### **What does the SECU Family House offer?**

**Housing:** Every room has a private bathroom, its own phone with voicemail, an in-room safe, a television with cable and a full bathroom with a roll-in shower.

**Transportation:** Free bus service (HU Express) to and from UNC Hospitals runs between 5:30 am and 6:00 pm Monday through Friday. The stop is in front of Ronald McDonald House (next door). Between 6:00 pm and 1:00 am on weekdays, the hospital provides a smaller shuttle for trips back and forth. There is limited shuttle service on weekends. City buses in Chapel Hill are free. If there is an emergency transportation need, the House Manager will assist you in finding transportation.

**Amenities:** Books, games, DVDs and videos are available and can be borrowed from the library. There are a limited number of video games and DVD players available at the front desk for check out. There is



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also a children's playroom, access to walking trails, a gazebo and a large courtyard with benches and a fountain.

**Personal Items:** Sanitary items, sharps containers, toiletries and diapers are available and may be requested as needed.

**Things to remember before coming to SECU Family House**

- You MUST have a referral from UNC Hospitals to stay here.
- Check-in is from 9 a.m.-9 p.m., daily.
- Bed and bath linens are provided for you and will be exchanged for fresh ones weekly.
- Laundry facilities are available but you may need to provide your own detergent.
- Don't forget your personal toiletry items.
- There is a fully-equipped kitchen that you are welcome to use; feel free to bring groceries.
- The nightly fee is \$35 for twin- or queen-bedded rooms and \$50 for suites.