

**Kathy Plessner, MD PLLC**  
171 East 84<sup>th</sup> Street      New York, NY 10028

You are scheduled for a needle biopsy on \_\_\_\_\_ at \_\_\_\_\_ am/pm

**INSTRUCTIONS PRIOR TO NEEDLE BIOPSY**

A biopsy involves taking a small amount of tissue and analyzing it in a laboratory. This procedure takes approximately one hour or less and is performed in the office with local anesthesia. There is little discomfort and rapid recovery. There is no special preparation necessary.

**However, if you are taking Coumadin, Heparin, or any other blood thinner, you must speak with your doctor before scheduling the procedure.**

**Do not take the following medications for three days before the procedure as they may cause excess bleeding:**

Aspirin, or any aspirin containing medications, or anti-inflammatory medications such as Advil, Aleve, Alka Seltzer, Anacin, Aspergum, Bayer, Bufferin, Celebrex, Empririn, Excedrin, Edotrin, Fiorinal, Indocin, Midol, Motrin, Naprosyn, Nuprin, Relafen, and Vanquish. Ginko Balboa and high doses of vitamin E may cause excess bleeding.

**You may take Tylenol (acetaminophen).**

Eat a light breakfast and take your regular medications on the day of the procedure, except for the medications mentioned above. Wear a comfortable, loose fitting top. Also, bring a sports bra/tight bra to wear after the procedure.

Before the exam, you will be able to ask any questions you may have. Please tell the technologist if you are allergic to local anesthesia or any other medication, or **if you may be pregnant**. You will be awake during the procedure and you will receive as much local anesthesia as is necessary. A small incision is made in the skin after it is numbed and a needle is inserted into the breast using the images to guide the needle. A few tiny samples of breast tissue are removed. A tiny clip is usually left in the breast to mark the biopsy site. A waterproof bandage is applied after the procedure, which you will be able to remove in a week. You will not be able to shower for the first 24 hours. It is advised that you not swim for 5-7 days after the procedure.

You may resume your normal activities after the exam, but you should avoid strenuous exercise for a few days. You may have mild discomfort that can be relieved with Tylenol or an ice pack.

The tissue that is removed will be sent to a pathologist who will examine the tissue samples and report the findings. You will be contacted by Dr. Plessner within a few days to discuss the results. Your referring doctor will also receive the results.

**Payment is expected at the time of service and can be made by credit card or check.**

**Please call the office with any questions at (212) 744-2293**