

# After Your Biopsy

## Important instructions



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this handout.

## What to Expect After Your Procedure

- Your procedure site may be sore or tender as the local anesthesia wears off. Mild pain should get better in 1 to 2 days. If you are still experiencing a lot of pain after 2 days, call your clinic. See “Who to Call” on page 2.
- Your skin may be stained at the procedure site. This is from the disinfectant. It will wash off.

## Safety Instructions

### If you had medicine to help you relax or to relieve pain during the biopsy:

- You must have a responsible adult drive you home after your procedure.
- For the next 24 hours:
  - Do **not** drive a car.
  - Do **not** drink alcohol.
  - Do **not** use machinery or power tools.
  - Do **not** make legal decisions.
  - Do **not** take care of another person.

## Activity Guidelines

- Relax and do only light activities for the rest of the day.
- For 24 hours, avoid difficult activities, such as heavy exercise or lifting more than 10 pounds (about the weight of a gallon of water).
- You can walk and climb stairs, if you take your time and do not strain.
- You can eat your normal diet.

## Medications

- Resume blood-thinning medications such as anticoagulants and antiplatelets 24 hours after the procedure.
- Keep taking your other regular medicines unless your doctor gives you different instructions.

## Self-Care

- Remove dressing and bandages after 24 hours (next day).
- You may shower the next day.
- For 48 hours, do **not** submerge (soak) in water. This includes baths, hot tubs, or swimming.

## Who interprets the results and how do I get them?

The radiologist will send a detailed biopsy report to the provider who ordered this procedure for you. It may take a few days to a few weeks to get these results. Your provider will talk with you about your results.

## When to Get Help

**Call 911 and go to the nearest emergency room right away** if you have any of these symptoms:

- Severe bleeding that will not stop, even after you apply pressure to the procedure site
- Chest pain
- Trouble breathing
- Slurred speech (trouble speaking)
- Chills or a fever higher than 99.5°F (37.5°C)
- Feeling dizzy or lightheaded
- Sudden shortness of breath
- Increased redness, tenderness, swelling, or drainage (fluid) at the biopsy site
- Pain in your liver or belly area (see picture on the right)
- Pain spreading to your right shoulder
- Pain that is getting worse whether you are active or resting



***Your liver is on your right side, just under your ribs.***

## Who to Call

If you have questions or concerns, please call your care team:

### **UW Medical Center Montlake and Northwest Hospital:**

Weekdays from 8 a.m. to 4:30 p.m., call the Non-Vascular / Interventional Radiology Department:

- Montlake: 206.598.6209, option 2
- Northwest: 206.598.6209, option 3

**Harborview Medical Center:** Weekdays from 8 a.m. to 4:00 p.m., call the Interventional Radiology Department at 206.744.2857

### **Questions?**

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

#### **UWMC – Montlake:**

206.598.6209, option 2

#### **UWMC – Northwest:**

206.598.6209, option 3

#### **Harborview Medical Center:**

206.744.2857

#### **After hours and on weekends and holidays:**

Call 206.598.6190 and ask to page the Interventional Radiology resident on call.