

CT Scan or Ultrasound Guided Needle Biopsy – with Sedation or Anesthesia

Your Appointment

You are scheduled for a **CT/ultrasound-guided needle biopsy** on _____

Please arrive at **2 West/Radiology** at: _____

If you have to change or cancel your appointment, please call the:

_____ at _____

CT/ultrasound-guided needle biopsy uses a CT scanner or ultrasound equipment to help guide the radiologist (a doctor who specializes in obtaining and reading medical images) to obtain a small sample (biopsy) of a suspicious or abnormal area in a tissue or organ. This procedure is performed in the Radiology Department on the 2nd floor of the hospital.

This is an outpatient procedure, requiring a 4-6 hour stay. The biopsy will help your doctor diagnose your condition.

How to Prepare for Your Procedure

Medications

Some over-the-counter and prescription medications can interfere with normal blood clotting and may increase the risk of bleeding. Follow the guidelines in the chart on the next page about when to stop taking certain medicines, vitamins, and supplements.

If your doctor gives you different instructions, always follow your doctor's instructions.

7 days (1 week) before your procedure, stop taking:

- aspirin and products containing aspirin
- herbal supplements
- garlic tablets
- vitamins

5 days before your procedure, stop taking:

- warfarin (Coumadin[®] or Jantoven[®])
- clopidogrel (Plavix[®]) Note: For certain procedures, your doctor may tell you to stop this medication 7 days before surgery

3 days before your procedure, stop taking:

- non-steroidal anti-inflammatory medications (NSAIDs):
 - ibuprofen (Advil[®]/Motrin[®])
 - naproxen (Aleve[®]/Anaprox[®])
 - meloxicam (Mobic[®])
 - oxaprozin (Daypro[®])
 - sulindac (Clinoril[®])
 - etodolac (Lodine[®])
 - diclofenac (Voltaren[®])
 - piroxicam (Feldene[®])
 - diflunisal
 - ketoprofen

1 day (24 hours) before your procedure, stop taking:

- enoxaparin (Lovenox[®])

If you take any medications to treat or prevent blood clots, talk to your doctor about when, or if, you should stop taking your medication before surgery.

These medications include:

- apixaban (Eliquis[®])
- cilostazol (Pletal[®])
- dabigatran (Pradaxa[®])
- dalteparin (Fragmin[®])
- eptifibatide (Integrilin[®])
- fondaparinux (Arixtra[®])
- lepirudin (Refludan[®])
- prasugrel (Effient[®])
- rivaroxaban (Xarelto[®])
- ticagrelor (Brilinta[®])
- ticlopidine (Ticlid[®])
- tinzaparin (Innohep[®])
- tirofiban (Aggrastat[®])

If you have diabetes, please check with your primary doctor about what medications and dosages you should take the night before, and the morning of, your biopsy. If you do not have a primary doctor, please check with your surgeon.

You will need to stop the following prescription medications:

_____ on _____

_____ on _____

_____ on _____

_____ on _____

Eating and Drinking

- **Stop all food and drink 6 hours before your procedure except for clear liquids.**
- **Stop clear liquids 2 hours before your procedure.**
- Clear liquids are liquids that you can see through at room temperature (about 72°-78°). List of clear liquids can be found at the end of this document.

Make Sure You Have a Ride Home: If you have general anesthesia or were sedated during your procedure, you must have a responsible adult available to drive you home after your procedure. **Your procedure will be cancelled if you do not.**

Notify a nurse in the clinic if you have problems making arrangements, call the Social Work Department at **845-8022** to assist you.

The Day of Your Procedure

- Take your approved medications the morning of the procedure with a very small sip of water.
- Arrive at the hospital at your appointment time and check in at 2 West.
- You will have an intravenous (IV) needle placed in a vein in your arm before the procedure. You can receive medication through this IV that will make you drowsy or help with anxiety or discomfort.
- You will be on the CT scan table or the stretcher in the ultrasound room for approximately 1 hour.
- The area to be biopsied will be numbed with medication. A needle will be inserted into the abnormal area to obtain a sample of tissue for the biopsy.

What You Can Expect After the Procedure

- You will recover in a special area on 2 West until you are ready for discharge.
- An x-ray may be taken after the procedure to make sure you can be safely discharged.
- You may eat immediately after the biopsy as long as the x-ray does not show any difficulties.
- There may be mild tenderness and swelling at the biopsy site.
- You should rest the remainder of the day after your procedure.
- You may restart all of your medications unless otherwise directed.
- For a few days after the biopsy, avoid heavy lifting, strenuous exercise, or any activity that will cause you to be out of breath.
- You will either be given a follow-up appointment with your doctor or you will be notified by phone of the results of the biopsy and the next step in your plan of care.

When to Call Your Doctor

Call your doctor immediately if you have:

- increased shortness of breath, difficulty breathing, or chest pain
- **any sign of infection: Fever of 100.4°F (38°C) or higher;** chills; cough; sore throat; pain or burning upon urination; or redness, heat, increased swelling, or drainage at the biopsy or IV site or at any other wound
- excessive bleeding at the biopsy site (bleeding that doesn't stop after applying firm pressure for 5 minutes) or increased pain at the biopsy site

Questions or Concerns

- If you have any questions about your procedure, please call your doctor/clinic here at Roswell Park. Phone: _____
- After hours, our Call Center will assist you. If it is determined you need to be seen, you may be asked to come to our Assessment & Treatment Center (ATC), which is open 24/7. You need to be referred to the ATC by a provider; it is not a walk-in clinic.
- You can also reach Roswell Park 24/7 at **1-800-ROSWELL (1-800-767-9355)** or **716-845-2300**.

Clear Liquid Diet

Liquids that you can see through at room temperature (about 72°-78°) are considered clear liquids. Try to avoid red and purple liquids.

Beverages

- Soft drinks (orange, ginger ale, cola, lemon/lime, etc.)
- Gatorade® or Kool-Aid®
- Strained fruit juice without pulp (apple or lemonade)
- Water, flavored waters, tea or coffee (you can add sugar, but NO milk or creamers)

Soups

- Chicken, beef, vegetable broth or bouillon – no added meats, noodles, or vegetables

Desserts

- Hard candy
- Jell-O® (no fruit toppings or whipped cream)
- Popsicles or lemon ice (no sherbets, sorbets, or fruit bars)