



Patient Information Leaflet

Core biopsy aftercare

Produced by:
Breast Screening Unit
&
Clinical Nurse Specialists—Breast Care

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If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, опитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টলেফি এন ইংরেজি কথা কটে জিজ্ঞাসা করুন এবং সাহায্য করুন

What is a core biopsy?

A core biopsy is a needle test that removes a small amount of breast tissue so that the Doctor in the laboratory can look at the cells and form a diagnosis.

When will I get my results?

An appointment will be made within two weeks for you to receive and discuss the results. Sometimes further investigations are needed.

After the procedure

A dressing will be applied and you will be required to stay in the department for about 10 minutes after to ensure there are no side effects i.e. feeling faint or wound continuing to bleed.

After the procedure

- Please keep the gauze dressing on for the first 24 hours and the underlying plaster for 3 to 5 days. After 24 hours you may bath or shower, **however please avoid soaking the dressing.**
- You should avoid strenuous activity, such as lifting, for the first 24 hours.
- Often a lump is felt and some bruising is normal. If you experience a lot of swelling or bleeding, apply pressure then contact the Breast care nurses on 534562 between 8:30 am and 4:30 pm or 111 out of these hours.
- You can take paracetamol, 1 gram four times a day (no more than 8 tablets in 24 hours) for pain or discomfort if you are not allergic to it. Please refrain from taking Aspirin as this can increase bruising and discomfort unless it has been prescribed and discussed with a doctor.
- It will help if you wear a supportive bra both day and night for the first 24 to 48 hours.

Are there any risks involved?

Most patients do have a small amount of bruising after the procedure which may cause some discomfort. Other rarer complications include infection and bleeding at the site of the biopsy.

If you need further information or advice

The Clinical Nurse Specialists in Breast Care can be reached on **01983 534562** during the hours of 8.30 – 16.30 Monday to Friday or there is an answer phone and we will get back to you as soon as possible. If you have a problem in the evening or at the weekend please ring **111**.

Access to Health Records by Diagnostic Staff

As a patient undergoing tests as part of a diagnostic procedure information about you may be accessed by healthcare professionals. It is normal practice in these circumstances for your consent to be implied as part of your agreement to have the test or tests performed.

Accidental over exposure of radiation

Despite all safeguards, medical exposures can occur where the actual dose is greater than was intended. The regulations governing these exposures are either IR(ME)R 2000 or IRR 99.

In the event of an over exposure the incident will be reported to the Radiation Protection Advisor. It will be down to the discretion of the RPA as to whether there is a clinical requirement to inform any patient of an overexposure.

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If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.