

Medical help via your GP / local minor injuries unit should be sought if there are any signs of the following:

- Excessive bleeding from the site
- Increased pain, swelling, redness or warmth
- Swelling in the neck, armpit or groin
- Fever / chills

If you are unable to attend this appointment please let the department know ASAP, the appointment can be used by another patient.

Useful contact numbers

X-Ray / Ultrasound **020 8909 5443**

MRI / CT / Nuclear Medicine **020 8909 5801**

DXA **020 8909 5476**

Pre operative assessment **020 8909 5630**

If you would like this leaflet translated into another language/large print, please contact the Quality Team on 020 8909 5439.

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NHS Trust



A patient's guide to

Ultrasound guided Biopsy / Aspiration



Ultrasound guided biopsy / aspiration is a procedure that uses sound waves to produce an image. The ultrasound image is used to guide a needle into the exact area where the biopsy / aspiration is required. Ultrasound is a safe technique that has been used for over 40 years and does not produce any radiation.

Before the procedure

You should have a pre-operative assessment with a nurse either in person or over the phone. We require you to inform the nurse if any of the following are applicable to you:

- You are taking anti-coagulants (blood thinning medication) such as **Warfarin, Aspirin, Clopidogrel, Rivaroxaban** or **Apixaban**
- If you have recently been diagnosed with a DVT or a suspected DVT and your medication is still ongoing.
- You are on or have recently been taken off **Antibiotics**
- You have a concern you may have an infection
- Any allergies to medications
- You have a severe needle phobia.

Contact number: **020 8909 5801**

When coming to the department we advise you bring someone with you. You must not drive following the procedure. Please come to the X-ray department and book in at reception. You will be asked to take a seat.

Be aware we run a busy service with multiple procedures, patients will be taken into rooms at different times.

In the room

You will be shown into the room where a nurse / helper will help you change if required. They are there to help with the procedure and ensure you are at ease throughout.

The radiologist will carry out the procedure once they have explained the procedure to you and you have signed the consent form. If you have a latex or plaster allergy please inform the staff in the room.

The procedure starts with an ultrasound scan, which is used to locate the area the sample needs to be taken from. A small amount of water soluble gel will be used on the skin during the ultrasound scan, which enables the probe to maintain a close contact with the skin, and is necessary to produce an image. The site for the biopsy will be marked with a permanent marker.

The second part of the procedure uses an aseptic (clean) technique which includes using a needle to obtain a small tissue / fluid sample.

Your skin will be washed and a sterile cover will be placed over the area of entry. Local anaesthetic will be injected at the site of the skin marker to numb the skin prior to the biopsy being performed. This may sting for a couple of seconds before it goes numb.

When the skin has become numb, the biopsy needle will be guided into the area of interest by the radiologist using the ultrasound for guidance. A clicking noise may be heard when the needle is in place, this is the biopsy being taken. More than one sample is usually required.

Occasionally a tiny tattoo dot to the skin may be recommended to indicate the site of the biopsy. This will only be suggested to you if it is felt to be appropriate, and if so, will only be performed after you have given your full consent. If the radiologist discusses the tattoo with you prior to the biopsy being performed, please do tell them if you prefer not to have a tattoo mark.

A dressing will be applied after the procedure.

A dressing is used at the end of the procedure and needs to be kept clean and dry for 3 days.

Important aftercare

You should rest for 1 to 2 days after the procedure and avoid strenuous activity for 5 days. Normal pain medication can be taken as usual, although you may be advised to avoid anti-inflammatory tablets for a few days.

The samples extracted will be analysed in the lab and the results will typically be available after 14 days. The results will be available for the outpatient appointment with your consultant after the procedure. If you do not have a follow up please contact the consultant's secretary using the main hospital switchboard on **020 8954 2300**.