

CHECK LIST FOR PATIENTS UNDERGOING A CT GUIDED BIOPSY

1. PRE-AUTHORIZATION & SCHEDULING THE BIOPSY

You will be given a prescription by Dr. Wittig that you will bring on the day of your biopsy. Dr. Wittig's administrative staff will obtain authorization for the biopsy from the insurance company as quickly as possible. This can take up to 72 hours. At the same time, Dr. Wittig will review your radiological imaging studies with the radiologist who will perform the biopsy. **Once the authorization is obtained from the insurance company, the biopsy will be scheduled.** Most biopsies will be scheduled at Mt. Sinai Medical Centers or Hackensack University Medical Center. **If the patient is a child,** the biopsy may have to be coordinated with the pediatrics department. This may take additional time.

2. GET A REFERRAL IF REQUIRED

If your insurance company requires a **Referral**, it is the Patient's responsibility to obtain the appropriate Referral Form from their primary care physician (PCP) stating that the biopsy is approved. This Referral is required *in addition to* the **Pre-Authorization**. The Referral must be brought on the day of the biopsy and given to the receptionist when you register for the procedure. If your insurance company (usually an HMO) requires a Referral, and you fail to bring it on the day of the biopsy, you will not be able to undergo the biopsy on that day.

3. PREPARING FOR THE BIOPSY

DIET: Do not eat or drink anything for **6 hours prior** to the biopsy procedure.

If the biopsy is scheduled in the morning - do not eat or drink anything after midnight the previous night. You may take your usual medications with sips of water and you may brush your teeth in the morning. If you are diabetic, please refrain from taking your diabetic medication.

If your biopsy is scheduled in the afternoon - you may eat a light breakfast and drink water or juice. Make sure you are well hydrated.

BLOOD THINNERS (*Anticoagulants: Coumadin/Warfarin, Lovenox, Heparin, Arixtra, Plavix, Platelet Inhibitor*): Please stop Coumadin or Warfarin and platelet inhibitors **5 days prior** to your biopsy being performed. Also please consult your medical doctor also about the timing of stopping and restarting your blood thinners. Lovenox, Heparin and Arixtra can usually be stopped 24 hours before the biopsy. Please discuss the management of your blood thinners with your medical doctor. **THIS IS MANDATORY.**

BIOPSY CHECKLIST

4. THE BIOPSY

Please bring a family member or friend with you on the day of the biopsy. You will be given sedative medications on the day of the biopsy and you will need somebody to accompany you home.

When you arrive for the biopsy:

- Report to the Radiology Registration Area and give your Prescription and Referral, if required, to the receptionist. **(MC level at Mt. Sinai Medical Center, 2nd floor at Hackensack University Medical Center; 2nd floor at The Valley Hospital, Ridgewood, NJ).**
- You will meet the radiologist in the waiting area. The radiologist will discuss the procedure and you will be asked to sign a consent form.
- During the biopsy, you will be sedated with intravenous medication. A numbing medicine (lidocaine; marcaine) will be injected into the area that will be biopsied. There will be a small stab wound (1 cm) in the skin to allow the needle to pass through the skin. The entire procedure will take approximately 1 hour.
- You will go home the same day as the biopsy

5. AFTER THE BIOPSY

AT HOME -

You are advised to rest the area for 24-48 hours after a biopsy is performed. The area will be mildly sore and swollen for up to one week after the procedure. For the first 24 hours apply, an ice pack to the area for **20 minutes ON and 20 minutes OFF**. In most cases, Tylenol is satisfactory for pain relief. You will also be given a prescription for a stronger pain medication in case you require it. Keep the biopsy site clean and dry until you see Dr. Wittig for your follow up appointment. Do not get the site wet until you see Dr. Wittig. You may experience a small amount of bloody drainage. You may change the bandage and apply a clean sterile 4x4 if the bandage gets bloody or dirty.

ACTIVITY –

If you have been told that your bone is weakened by a tumor growing in it and that it can break, you need to be very careful after the biopsy. You will need to protect the extremity after the biopsy is performed. Dr. Wittig or the radiologist will give you specific instructions to follow after the biopsy. You may require crutches, a walker, a wheel chair, a brace or a sling.

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6. RESULTS OF THE BIOPSY:

It usually takes 3 - 7 days to get the results off the biopsy. Please schedule a follow up visit with Dr. Wittig for approximately one week after the biopsy. At that time, Dr. Wittig will discuss the results and further treatments and/or surgery with you.

COMPLICATIONS: Potential risks and complications associated with a CT guided biopsy include, but are not limited to:

- **Bruising and swelling** that may last up to 7-10 days.
- **Bleeding:** Persistent bleeding at home should be reported to Dr. Wittig.
- **Infection:** A fever over 101°F and any foul, smelly drainage should be reported to Dr. Wittig. A low grade fever is anticipated the night of the biopsy.
- **Fracture of the bone:** Persistent severe pain (that is not getting better) - different from the pain prior to the biopsy - should be reported to Dr. Wittig immediately.
- **Blood Clots/Pulmonary Embolus:** Persistent diffuse swelling in the extremity below the biopsy site that does not get better with elevation or while sleeping at night is a sign of a blood clot. This should be reported to Dr. Wittig immediately. If you experience difficulty breathing or shortness of breath after the biopsy, it may be a sign of a pulmonary embolus (blood clot that traveled to the lungs). **CALL 911 IMMEDIATELY** and go to the nearest emergency room. Ask them to call Dr. Wittig immediately on your behalf.