

## Information for Patients having: Computerised Tomography (CT) Guided Bone Biopsy

### Important Information

#### What is a CT guided bone biopsy?

Your doctor has referred you for a procedure known as CT guided bone biopsy, which is a way of taking a small piece of bone using a small incision. A pathologist who is an expert in making diagnoses from tissue samples can examine the sample under a microscope. As this biopsy is done through the skin using image guidance with a CT scanner, it is called a CT guided bone biopsy.

#### How do I prepare for my biopsy?

If you are on anticoagulation (blood thinning medications) you must tell your doctor and the booking office when you receive your appointment.

Some medicines may increase your risk of bleeding during or after your procedure. You must tell your doctor or health care provider if you are taking a blood thinning medication so your referring doctor can advise you whether you need to stop taking these medicines for a certain number of days before your procedure.

It is important that you have a responsible adult to escort you home. You must not drive for the journey home.

#### Is there any preparation?

Please sign at the bottom of this information sheet to confirm you have read the information and consent to proceed.

#### The day of your procedure:

- Don't eat or drink anything 6 hours before your biopsy.
- Don't take any Insulin the morning before your biopsy. Bring your Insulin and your syringes to the hospital in a bag with your name on it.
- Unless your doctor gave you different instructions, you can take all other medicines you would normally take with a sip of water (except for blood thinners or NSAIDS).

#### What happens when I arrive?

You may be asked to change into a hospital gown.

You must tell the nurse about any medicines you are taking and if you have any medication allergies or medical history. Women between the ages of 12 and 55 will be asked if there is any possibility that you could be pregnant.

An intravenous cannula (IV) will be inserted so that you can have pain relief and medication to relax you during your procedure.

The Radiologist will talk to you about what is going to happen and answer any questions you may have. You will be asked to sign a consent form. Signing this form means the procedure and risks have been discussed with you, and you agree to have the biopsy.

### **What can I expect during the procedure?**

The Radiologist will talk to you about exactly what is going to happen.

Your procedure may be performed under general anaesthetic or sedation (the anaesthetist will discuss this with you).

You will be positioned on the examination table. The radiologist will locate the lesion using CT guidance. The skin is cleansed with antiseptic solution and a local anaesthetic is injected into the area. Initially you may feel stinging but you should not feel any sharp pain after it takes effect; however you may still feel touch and pressure sensation, related to the procedure.

The radiologist will insert the biopsy needle and take a sample of bone.

Multiple samples may be taken through the single incision in order to maximize the chances of a definite tissue diagnosis to be made.

After the biopsy needle is removed, the radiologist may apply pressure on the biopsy site to ensure any bleeding has stopped and a sterile dressing will be applied.

### **What are the benefits of having this biopsy?**

This procedure will mean a tissue diagnosis can be made in order to direct any treatment you may need. The biopsy also avoids having an operation to obtain a tissue sample.

### **Are there any possible risks?**

- The CT used is associated with a small amount of radiation, usually equivalent to that which we all receive from the atmosphere over a period of days to years.
- During the day of the procedure, patients usually feel quite comfortable because of the local anaesthetic that is injected into the area, although there may be some discomfort later on.
- Although there is a small theoretical risk of infection, the procedure is done with a sterile technique and the risks are very minimal. If your biopsy site becomes swollen, hot or if there is any discharge, prompt review by a physician to exclude infection or for antibiotics is recommended.
- There is a slight risk of bleeding, but only a tiny skin incision is made and the needle used to take the biopsy will be fine. The radiologist performing the procedure will ensure that any bleeding after the biopsy has stopped by applying pressure to the biopsy site. If you are on anticoagulants (medication to thin the blood) this risk is slightly raised.
- If the bleeding were to continue, rarely you might need a blood transfusion. Very, very rarely an operation or another radiological procedure may be required to stop the bleeding.
- Unfortunately occasionally despite taking every possible care, the pathologist may not be able to make a definitive diagnosis from the tissue samples obtained. If this happens, your doctor will discuss with you if you need another biopsy performed at a later date.

### **How long will it take?**

The procedure may take between 30 to 60 minutes.

**What can I expect afterwards?**

- You will be able to go home after the procedure.
- There may be some bruising where the procedure was done for a few days.
- You may experience swelling and discomfort in the biopsy site. You can manage this pain with over-the-counter medicines, such as Tylenol□.

**What do I do after the procedure?**

- It is recommended that you rest for the remainder of the day. Do not rush back to doing strenuous activities, build up your activity levels slowly.
- We advise you not to drive for 24 hours (please arrange transport home or someone to accompany you to the hospital so they can drive you back after the procedure).
- Keep the bandage on the wound and keep the wound dry for 24 hours.
- Do not get the wound wet for 24 hours. Do not take a bath, swim or use a hot tub. After 24 hours, you can remove the bandage.

**When will I get the results?**

The biopsy samples are sent off to the laboratory, and it takes a few days for the pathologist to do all the necessary tests on the samples. The test results will be forwarded to your doctor who referred you for this test, usually within two weeks.

**Are there any alternatives?**

You should discuss alternative options with your referring doctor.

**Finally**

Some of your questions should have been answered by this letter, but remember that this is only a starting point for discussion about your treatment with your referring doctor looking after you.

**Patient:**

I have read the information above

Signed:..... Print Name:..... Date:.....

**Access to Radiology**

How to find us:	East Outpatients entrance and follow the signs to Level 2 Radiology. You can find more information at: <a href="http://www.nnuh.nhs.uk">www.nnuh.nhs.uk</a>
Hospital transport:	To enquire about hospital transport telephone 0333 240 4100

Contact details:

**Telephone:** 01603 286081

**Email:** [radiology@nnuh.nhs.uk](mailto:radiology@nnuh.nhs.uk)

**Website:** [www.nnuh.nhs.uk](http://www.nnuh.nhs.uk)

