

## Information for Patients having: Ultrasound Guided Soft Tissue Biopsy

### Important Information

#### Introduction

Your doctor has referred you to the Radiology department for an ultrasound examination and an ultrasound guided biopsy if clinically appropriate.

If a possible area of abnormality is found at ultrasound, this might require a biopsy. The aim of the biopsy is to obtain samples of tissue that can be examined under a microscope to help with diagnosis and treatment.

#### What happens during the examination?

If a biopsy is recommended the Radiologist will explain the procedure and will be available to answer any questions you may have. Local anaesthetic is used to numb the area before using a special needle to obtain samples. The needle makes a clicking noise that may feel similar to being flicked on the skin, but it should not be painful. In most cases the Radiologist will obtain more than one sample to improve the chance of reaching a diagnosis. After the procedure a light dressing will be applied. You should keep this dressing dry for 48hours, after which time the dressing may be removed.

#### Is there any preparation?

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

Please note that if you are taking any blood thinning medicine such as warfarin, aspirin or clopidogrel this will increase your risk of bleeding. We do not require you to stop your medication for a biopsy.

#### Special considerations during the SARS-CoV2 (COVID-19) pandemic:

There is a small risk that steroid injections can temporarily reduce the ability of the immune system to fight infection. This effect can last from seven to forty days and as a result there may be an increased risk of contracting COVID-19 infection. This is not guaranteed to happen, but the risk cannot be eliminated. In severe cases of COVID, this may result in hospitalisation, intensive care support, and potentially (although rare) death.

Steroid injection should only be considered by if your pain is severe and/or debilitating and all other appropriate treatments and/or pain therapies have been tried.

You should discuss carefully with your referring clinician the benefits versus risks of -attending hospital (increased exposure risk), as well as temporary immunosuppression, especially if you are a vulnerable patient in the high risk group.

**You should not attend for injection if you have symptoms of COVID-19, recently tested positive for COVID-19 or have had recent contact with a person with symptoms; please telephone us on 01603 288469 so we can reschedule your appointment.**

**Are there any side effects?**

During the day of the procedure, patients usually feel quite comfortable because of the local anaesthetic that is injected in to the area, although there may be some stinging and aching both at the time and later on. There is a risk of bruising at the site of the procedure. It is usually recommended that you avoid heavy work and lifting for approximately 48 hours following a biopsy, but the team can help to advise you at the time depending on your particular circumstances. If possible, you should ask someone to accompany you to the hospital so they can drive you back after the procedure. As with any procedure that involves a needle there is a very small risk of infection, but the procedure is carried out under conditions that reduce this as much as possible.

**When will you get the results?**

The Radiology Department will send a report of your scan to the doctor who requested it immediately after the procedure.

**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 the Doctors looking after you and they will usually receive a biopsy results between 7-10 days after.

**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 and then to ultrasound. 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 288469 Email: <a href="mailto:ultrasound@nnuh.nhs.uk">ultrasound@nnuh.nhs.uk</a> Website: <a href="http://www.nnuh.nhs.uk">www.nnuh.nhs.uk</a>

If you have any comments or suggestions about this letter, please feel contact us.

The Trust has to submit information to national registers monitoring imaging tests and scans and your anonymised images may be used for teaching and research purposes. All information is stored securely and confidentially. The Trust is a teaching hospital so students may perform or observe procedures.

If you do not want your anonymised data to be submitted to national registers, or a student involved in your procedure, please speak to a member of staff when you come to your appointment. Please be reassured that this will not prejudice your care in any way.

